

ISPS Physical Education Pre-K – 12 Standards and Benchmarks

Grade 11

Standard 1 - Demonstrate competency in many movement forms and proficiency in a few movement forms.

Benchmarks – By the end of Grade 11, students will:

- 1 – 1 Demonstrate a variety of proficient swimming strokes
- 1 – 2 Be competent with a variety of social dance forms
- 1 – 3 Keeps a birdie going with an opponent several times over the net in a game of badminton
- 1 – 4 Play a game of volleyball using all the basic skills and strategies of the sport

Standard 2 - Apply movement concepts and principles to the learning and development of motor skills.

Benchmarks – By the end of Grade 11, students will:

- 2 – 1 Apply biomechanical concepts and principals to analyze and improve performance of self and others
- 2 – 2 Describe and demonstrate the significance of some basic physiological principles to the development of a personal fitness program

Standard 3 - Exhibit a physically active lifestyle.

Benchmarks – By the end of Grade 11, students will:

- 3 – 1 Participate in health-enhancing activities that can be pursued in the community
- 3 – 2 Analyze and evaluate personal fitness profile
- 3 – 3 Identify personal behavior that supports and does not support a healthy lifestyle
- 3 – 4 Analyze and compare health and fitness benefits derived from various physical activities

Standard 4 - Achieve and maintain a health-enhancing level of physical fitness.

Benchmarks – By the end of Grade 11, students will:

- 4 – 1 Assess personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition
- 4 – 2 Design and implement a personal fitness program
- 4 – 3 Participate in a variety of physical activities appropriate for enhancing physical fitness
- 4 – 4 Evaluate personal fitness profile
- 4 – 5 Meet personal fitness goals after a period of training

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Standard 5 - Demonstrate responsible personal and social behavior in physical activity settings.

Benchmarks – By the end of Grade 11, students will:

- 5 – 1 Avoid injuries to the defensive player
- 5 – 2 Choose an activity because they enjoy it and not because all their friends are in it
- 5 – 3 Volunteer to replay contested shots or points during friendly games
- 5 – 4 Walk away from verbal confrontation
- 5 – 5 Acknowledge good play from an opponent during competition
- 5 – 6 Listen to all sides before taking actions in conflict situations

Standard 6 - Demonstrate understanding and respect for differences among people in physical activity settings.

Benchmarks – By the end of Grade 11, students will:

- 6 – 1 Discuss the historical roles of games, sports, and dance in the cultural life of a population
- 6 – 2 Enjoy the satisfaction of meeting and cooperating with others of diverse backgrounds during physical activity

Standard 7 - Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Benchmarks – By the end of grade 11, students will:

- 7 – 1 Identify participation factors that contribute to enjoyment and self expressions
- 7 – 2 Contribute meaningfully to the achievement of a team