

ISPS Physical Education Pre-K – 12 Standards and Benchmarks

Grade 9

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

Benchmarks – By the end of Grade 9, students will:

- 1 – 1 Use basic offensive and defensive strategies in a modified version of a team sport and individual sport
- 1 – 2 Perform a variety of simple folk and square dances
- 1 – 3 Display the basic skills and safety procedures to participate in an outdoor pursuit

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

Benchmarks – By the end of Grade 9, students will:

- 2 – 1 Explain and demonstrate some game strategies involved in playing tennis doubles
- 2 – 2 Describe the critical elements of racing start in freestyle swimming
- 2 – 3 Having observed a team of elite volleyball players, describe the characteristics that enable success in serving, passing and skipping
- 2 – 4 Describe the principles of training and conditioning for specific physical activities

Standard 3 - Exhibit a physically active lifestyle.

Benchmarks – By the end of Grade 9, students will:

- 3 – 1 Participate in an individualized physical activity program designed with the help of the teacher
- 3 – 2 List long-term physiological and cultural benefits that may result from regular participation in physical activity

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

Benchmarks – By the end of Grade 9, students will:

- 4 – 1 Maintain a record of moderate to vigorous physical activity
- 4 – 2 Correctly demonstrate various weight-training techniques
- 4 – 3 Plan circuit weight training program design to meet physical fitness goals
- 4 – 4 Participate in fitness-enhancing physical activities outside school (e.g., gymnastics club, community sponsored youth sports)
- 4 – 5 Engage in physical activity at the target heart rate for a minimum of 20 minutes

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

Benchmarks – By the end of Grade 9, students will:

- 5 – 1 Identify positive and negative peer influence
- 5 – 2 Play within the rules of the game or activity
- 5 – 3 Consider consequences when confronted with a behavior choice
- 5 – 4 Resolve interpersonal conflicts with a sensitivity to rights and feelings of others
- 5 – 5 Handle conflict that arises with others without confrontation
- 5 – 6 Find positive ways to exert independence
- 5 – 7 Temper to desire to belong to a peer group with a growing awareness of independent thought
- 5 – 8 Make choices based on the safety of self and others
- 5 – 9 Accept a controversial decision of an official

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

Benchmarks – By the end of Grade 9, students will:

- 6 – 1 Demonstrate an understanding of the ways sport and dance influence various culture
- 6 – 2 Display sensitivity to the feelings of other during interpersonal interaction
- 6 – 3 Respect the physical and performance limitations of self and others

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

Benchmarks – By the end of Grade 9, students will:

- 7 – 1 Feel satisfaction when engaging in physical activity
- 7 – 2 Enjoy the aesthetic and creative aspects of performance
- 7 – 3 Enjoy learning new activities
- 7 – 4 Become more skilled (e.g., learning strategy, additional skills) in a favorite activity