

**Helena Public Schools
Grade 9-12
Physical Educator
Health and Wellness**

Health Maintenance & Enhancement

- Self-test, understand & interpret personal fitness status related to cardio respiratory endurance, muscular strength & endurance, flexibility & body composition as measured by Fitnessgram
- Sustain aerobic workout for a minimum of 20 minutes or longer with heart rate in the target heart rate zone
- Understand and participate in recreation lifetime activities
- Analyze the physical and psychological factors & benefits related to regular participation in physical activity
- Practice the principles of overload, specificity, progression, individuality, & regularity as they relate to physical fitness
- Demonstrate individual progress toward each component of health related physical fitness
- Design an appropriate personal fitness program that enables them to achieve and/or maintain desired levels of fitness
- Analyze current health issues impacting youth & adults such as body image and weight control
- Assess an individual program to improve upon the five components of health-related physical fitness
- Utilize the following skills in a variety of sports, games, & activities: catching skills, kicking skills, volley skills, balancing skills, and striking skills
- Demonstrate accuracy when shooting at a target
- Throw with velocity & accuracy in a game situation
- Continuously jump rope utilizing a short and/or long rope performing various skills
- Demonstrate appropriate locomotor techniques
- Demonstrate appropriate rolling techniques
- Demonstrate appropriate ways to transfer weight from feet to other body parts
- Demonstrate appropriate jumping & landing techniques
- Demonstrate correct technique when performing a variety of resistance training skills
- Move to a rhythmic beat individually, with a partner, or in a set pattern
- Demonstrate proper/safe body alignment & movement transitions during activity
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (i.e., spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Analyze the role of rules in developing game strategies

Functions & Interrelationships of Systems

- Calculates & utilize target heart rate & perceived rate of exertion during aerobic exercise
- Design & assess personal fitness plan

Risk Assessment & Reduction

- Identify bus, biking & walking safety expectations