

Power Standards: New Moves

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.

- a. Demonstrate competency in two or more specialized skills in health-related fitness activities. (For example: muscular endurance, muscular strength, body composition, cardio endurance, and/or flexibility).

Standard 2: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

- a. Create a practice plan to improve performance for a self-selected skill.

Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

- a. Evaluate the validity of claims made by commercial products and programs pertaining to fitness and a healthy active lifestyle.
- b. Evaluate activities that can be pursued in the local environment for their benefits, social support network, and participation requirements.
- c. Participate several times per week in a self-selected lifetime activity, dance, or fitness activity outside of the school day.
- d. Evaluate one's target heart rate and apply that information to a personal fitness plan.

Standard 4: Exhibit responsible personal and social behavior that respects self and others.

- a. Employ effective self-management skills to analyze barriers and appropriately modify physical activity patterns as needed.
- b. Exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- a. Choose an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.
- b. Select and participate in physical activities that meet the need for self-expression and enjoyment.