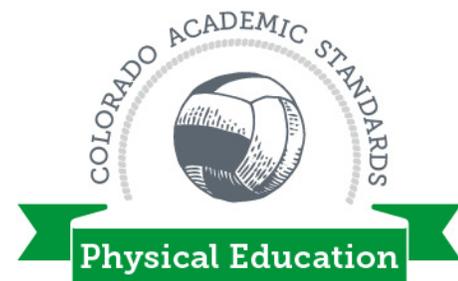


A Guide to the Colorado Academic Standards



Two
High School



Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for high school physical education and offers some possible learning experiences students may engage in during this time.

Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

Physical Education for High Schools (9-12)

The physical education standards in grades six through twelve focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to refine various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities. Additionally, in the high school years, students are asked to develop personal fitness plans to reflect on benefits of committing to life-long health and wellness practices.

Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, Reed_p@cde.state.co.us



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Physical Education

Two
High School



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Physical Education Learning Expectations for High School (Two)

Movement Competence and Understanding

Participate at a competent level in a variety of lifelong physical activities; analyze the cognitive impact of movement; apply rules, principles, problem-solving skills, and concepts to traditional and nontraditional movement settings.

Physical and Personal Wellness

Establish goals based on fitness assessment data, and develop, implement, achieve, and monitor an individual health and fitness plan; access community resources and participate in health-enhancing physical activities to maintain lifelong fitness.

Emotional and Social Wellness

Demonstrate respect for individual differences in physical activity settings; collaborate, cooperate and apply leadership skills to encourage responsible behavior in a group setting.

Prevention and Risk Management

Assess the risks and safety factors involved in participation in physical activity; demonstrate knowledge of safety and emergency response procedures.

Throughout High School, you may find students...

- Applying advanced offensive, defensive, coaching, officiating, and transition strategies in sports and games.
- Evaluating psychological responses to physical activity and applying cognitive information to understand and enhance motor skill acquisition and performance.
- Creating and modifying practice and training plans based on evaluative feedback of skill acquisition and performance in a variety of lifelong activities.
- Examining fitness assessment data and developing a plan showing personal improvement toward fitness goals, including the monitoring of personal levels of fitness within each of the five health-related fitness components; accessing physical activity opportunities in the school and community.
- Utilizing safety concepts in a school or community fitness facility by inspecting and reporting unsafe equipment, as well as effectively spotting lifts and safely executing a variety of exercises.
- Analyzing principles from biomechanics (motion, resistance) and exercise physiology necessary for safe performance of physical activities.