

Physical Education “Run-A-Ways”

9th grade

Name: _____

Period: _____

By the end of the semester in Physical Education students should meet the following standards.	Exceeds Standard	Meets Standard	Standard in Progress
Standard I: Students will demonstrate of the basic skills, strategies and rules in at least 5 different lifetime activities. Suggested lifetime activities from the state core include: golf, tennis, racquetball, archery, bowling, weight training, aerobics, walking, jogging, social dance, rope jumping, disc golf, disc football, in-line skating, biking, fishing, rock climbing, martial arts, and aquatics.			
List the 5 lifetime activities participated in through the semester:			
1.			
2.			
3.			
4.			
5.			
Students will participate in up to four lifetime activity field trips. List the field trips:			
1.			
2.			
3.			
4.			
Standard II: Students will have a greater knowledge of personal fitness training.			
Students will perform correct weight lifting technique.			
Standard III: Students will meet “Healthy Fitness Zone” standards of Fitness Gram Test:			
● Mile Run			
● Pacer Run			
● Push-up			
● Curl-up			
● Trunk Lift			
● Shoulder Stretch			
● Sit and Reach			
Standard IV: Students will apply the FITT guidelines: Frequency, Intensity, Time, Type			
Students will engage in physical activity outside of class.			
Students will keep a fitness log to track physical activity outside of class.			
Standard V: Students will follow rules for participation:			
● Students will be in attendance to class.			
● Students will make up participation points for absent days.			
● Students will be properly dressed in PE uniform every day.			
● Students will be in “your spot” on time.			
● Students will use appropriate language.			
● Students will demonstrate sportsmanship.			
● Students will make safe choices in weight room and on playing field.			
● Students will be respectful of others.			
● Students will show sensitivity for those with different abilities.			
Standard VI: Students will recognize the positive benefits of physical activity.			
Students have an overall feeling that their effort in exercise equals physical improvement.			
Students feel a greater self-confidence due to personal achievements.			