**KANSAS STATE STANDARDS FOR PHYSICAL EDUCATION**

***CHECKLIST*:** ***High School***

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| **Standard** | **Dates Taught** | **Notes** |
| **Motor Skills** |
| **MS-1-1a:** Demonstrates a variety of swimming strokes, self-defense techniques, and dance patterns. |  |  |  |  |  |
| **MS-1-1b:** Uses a variety of skills appropriately within a game situation. |  |  |  |  |  |
| **MS-1-1c:** Selects and uses the appropriate offensive and defensive skills in a variety of individual, dual, and team activities. |  |  |  |  |  |
| **MS-1-1d:** Demonstrates the ability to safely and comfortably adapt to environmental conditions in a variety of outdoor pursuits. |  |  |  |  |  |
| **Learning Concepts** |
| **LC-2-1a:** Develops an appropriate conditioning program for a self-selected game and activity for lifetime engagement. |  |  |  |  |  |
| **LC-2-1b:** Explains appropriate tactical decisions in a game situation. |  |  |  |  |  |
| **Active Participation** |
| **AP-3-1a:** Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle. |  |  |  |  |  |
| **AP3-1b:** Accumulates, on most days, a recommended number of minutes of moderate to vigorous physical activity outside of physical education class. |  |  |  |  |  |
| **AP3-1c:**  Monitors physical activity through the use of a pedometer, heart rate monitor, and/or a physical activity log, or other appropriate technology. |  |  |  |  |  |
| **AP3-1d:**  Understands the ways in which personal characteristics, personal styles, and activity preferences will change over a lifespan. |  |  |  |  |  |

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| **Physical Fitness** |
| **PF-4-1a:** Maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life. |  |  |  |  |  |
| **PF-4-1b:** Develops realistic short-term and long-term personal fitness goals. |  |  |  |  |  |
| **PF-4-1c:** Assesses, interprets, and applies the health-related fitness components to personal physical fitness status. |  |  |  |  |  |
| **PF-4-1d:** Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles. |  |  |  |  |  |
| **PF-4-1e:** Participates in a variety of physical activities appropriate for enhancing physical fitness. |  |  |  |  |  |
| **PF-4-1f:** Plans a summer personal conditioning program. |  |  |  |  |  |
| **PF-4-1g:** Explains the impact of participation in selected sports and activities on various components of fitness. |  |  |  |  |  |
| **Personal and Social Behavior** |
| **PSB-5-1a:** Participates successfully in a cooperative learning groups in a variety of physical activity settings. |  |  |  |  |  |
| **PSB-5-1b:** Invites less skilled students to participate in physical activity. |  |  |  |  |  |
| **PSB-5-1c:** Encourages others to apply appropriate etiquette in all physical activity settings. |  |  |  |  |  |
| **PSB-5-1d:** Provides appropriate support for a teammate in a team activity. |  |  |  |  |  |
| **Activity Appreciation** |
| **AA-6-1a:** Displays persistence in learning new physical activities. |  |  |  |  |  |
| **AA-6-1b:** Differentiates between intrinsic and extrinsic reasons for participating in physical activity. |  |  |  |  |  |
| **AA-6-1c:** Integrates physical activity meaningfully into daily life. |  |  |  |  |  |
| **AA-6-1d:** Reflects on reasons for choosing to participate in selected physical activities. |  |  |  |  |  |