

Individual and Dual Sports
Course Title

1502420
Course Number

10-12
Grade

Big Idea/Domain/Strand/Standard	Standard Code	Percent of Test Based on Time Devoted to Standard	Number of Test Questions
	PE.912.C.c.9:		
Identify appropriate methods to resolve physical conflict.	PE.912.C.2.20:	3%	2
Explain the skill-related components of fitness and how they enhance performance levels. Remarks/Examples: The skill-related components of fitness are speed, coordination, power, agility and reaction time.			
Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	PE.912.C.2.23:	3%	2
Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.	PE.912.C.2.25:	17%	10
Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.	PE.912.C.2.26:	8.5%	5
Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.	PE.912.C.2.27:	3%	2
Interpret and apply the rules associated with specific course activities.	PE.912.C.2.28:	17%	10
Identify a variety of activities that promote effective stress management	PE.912.L.3.3:		
Identify risks and safety factors that may affect physical activity throughout life.	P.E.912.L.3.6:	17%	10
Demonstrate sportsmanship during game situations. Remarks/Examples: Some examples are controlling emotions, resolving conflicts, respecting opponents and officials, and accepting bot	PE.912.R.5.3:	3%	2

victory and defeat			
<p>Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.</p> <p>Remarks/Examples: Some examples are respecting teammates, opponents and officials and accepting both victory and defeat.</p>	PE.912.R.5.4:	1.75%	1
<p>Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities</p>	PE.912.R.5.5:	5%	3
<p>Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment of maintenance of a healthier lifestyle</p>	PE.912.R.6.1:		
<p>Analyze the roles of games, sports, and/or physical activities in other cultures</p>	PE.912R.6.3:	1.75%	1
<p>Apply strategies for self-improvement based on individuals strengths and needs</p>	PE.912M.1.5:		
<p>Apply sport specific skills in simulation and in real-life applications</p> <p>Remarks/Examples: An example of a simulation is a practice setting or lead up activity. An example of a real-life application is a game or performance setting.</p>	PE.912.M.1.10:	8.5%	5
<p>Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.</p>	PE.912.M.1.19:	3%	2
<p>Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.</p>	PE.912.M.1.22:	3%	2
<p>Demonstrate proficiency of critical elements when striking with objects, implements or body parts</p>	PE.912.M.1.23:	3%	2

Apply a combination of complex movement patterns in a game setting	PE.912.M.1.24:	3%	2
Apply appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.	PE.912M.1.25	3%	2
Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking Remarks/Examples: An example is placing a shot in an open area away from opponent	PE.912.M.126:	3%	2
Combine and apply movement patterns from simple to complex	PE.912.M.1.30:		
Demonstrate advanced offensive, defensive and transition strategies and tactics.	PE.912.M.1.31:		
Apply sport specific skills in a variety of game settings	PE.912.M.1.32:		
Practice complex motor activities in order to improve performance	PE.912.M.1.33:	8.5	5
Demonstrate use of the mechanical principles as they apply to specific course activities Remarks/Examples: Some examples are balance, force and leverage.	PE.912.M.1.34:	8.5%	5

List of Participants:

100%

60

Bruce Johner
