

PE Standards

Competency 1	RHS.PE.1	Psychomotor: Demonstrates competency in motor skills and movement patterns
	RHS.PE.1.a	Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance, activities, aquatic, net/wall games or targets games).
	RHS.PE.1.b	Demonstrates competency in 2 or more specialized skills in health-related fitness activities.
	RHS.PE.1.c	Demonstrates appropriate technique in resistance-training machines and free weights.
	RHS.PE.2	Cognitive: Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance
Competency 2	RHS.PE.2.a	Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately.
	RHS.PE.2.b	Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance or self and/or others in a selected skill.
	RHS.PE.2.c	Creates a practice plan to improve performance for a self-selected skill
	RHS.PE.2.d	Discusses the benefits of a physically, active lifestyle as it relates to college or career productivity.
Competency 3	RHS.PE.3	Affective: Exhibits responsible, personal and social behavior that respects self and others
	RHS.PE.3.a	Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.
	RHS.PE.3.b	Uses communication skills and strategies that promote team or group dynamics.
	RHS.PE.4	Recognizes the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction
Competency 4	RHS.PE.4.a	Physical fitness: Recognizes the value of physical activity for health, enjoyment, challenge, self expression, and/or social interaction