

# Physical Education PBGR

The physically literate person demonstrates the acquired knowledge, skills, and dispositions to move with competence and confidence in a wide variety of physical activities across multiple environments, continually applying and developing these capabilities for a lifetime of healthful and meaningful physical activity.

## Critical Proficiency

### Psychomotor

Develops a variety of motor skills.

## Critical Proficiency

### Cognitive

Applies knowledge related to movement and fitness concepts.

## Critical Proficiency

### Social

Develops social skills through movement.

## Critical Proficiency

### Affective

Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.

## Priority Performance Indicators

Demonstrates activity-specific movement skills in a variety of lifetime sports and activities. (1.12.1)

Demonstrates appropriate technique in muscular strength and endurance training, cardiovascular training, flexibility training, and skill-related fitness training. (1.12.5, 1.12.6, 1.12.7, 1.12.8)

## Priority Performance Indicators

Evaluates perceived exertion and applies heart rate concepts to monitor and adjust physical activity levels, ensuring safety and optimizing health-related fitness outcomes. (2.12.9, 2.12.10)

Establishes a goal to improve performance of a self-selected movement-based skill, and creates a comprehensive practice plan that integrates movement concepts and principles to achieve that goal. (2.12.6, 2.12.13)

Designs and implements a plan that applies knowledge of aerobic, strength and endurance, and flexibility training exercises to work towards a personal fitness goal. (2.12.8)

## Priority Performance Indicators

Applies best practices for participating safely in physical activity. (3.12.6)

Thinks critically and solves problems in physical activity settings, both as an individual and in groups. (3.12.7)

Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity. (3.12.2)

Demonstrates awareness of other people's emotions and perspectives in a physical activity setting. (3.12.1)

## Priority Performance Indicators

Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. (4.12.9)

Analyzes impact of a physically active lifestyle on physical, mental, and social well-being, and discusses how maintaining health and fitness contributes to quality of life during young adulthood and beyond. (2.12.5, 2.12.11)