

GRADE 9 PHYSICAL EDUCATION

Course Description

Sport Activities for Life fulfills the Physical Education graduation requirement for grade 9. This course will include dual, team and individual sport activities that can be performed throughout a lifetime. The student will demonstrate the basic knowledge of all concepts in class through discussion, presentations, and activities. The student will understand and demonstrate how sportsmanship and teamwork can be used in all life situations.

Standards

Essential Standards

1.	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2.	The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Important Standards

1.	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns and performance.
2.	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement

Enhancing Standards

1.	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
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