

Identifier	Grade 9 - Physical Education	Introduced	Completed
9 PE 1	LEARNING AND DEVELOPMENT OF MOTOR SKILLS		
9 PE 1.01	Apply appropriate vocabulary to coordinate a class or school-wide activity (i.e., round robin tournament).		
9 PE 1.02	Integrate discipline-specific knowledge to new physical activities.		
9 PE 1.03	Analyze personal performance and apply results for improvement (i.e., lower target heart rate).		
9 PE 1.04	Analyze and compare health and fitness benefits derived from various physical activities.		
9 PE 2	MOVEMENT FORMS		
9 PE 2.01	Demonstrate proficiency in at least three movement forms in two or more sports.		
9 PE 2.02	Apply scientific principles to weight transfer and balance movements.		
9 PE 3	MOVEMENT AS COMMUNICATION		
9 PE 3.01	Identify and demonstrate complex combinations of steps and patterns from different theatrical styles and/or traditional styles of dance.		
9 PE 3.02	Observe and analyze the action and qualities of movement in dances using appropriate dance vocabulary.		
9 PE 3.03	Demonstrate rhythmic acuity.		
9 PE 3.04	Perform traditional and/or theatrical style dances of different time periods or cultures and compare and contrast steps and movement styles.		
9 PE 4	INDIVIDUAL FITNESS		
9 PE 4.01	Refine health-related fitness goals as defined by a formal guideline.		
9 PE 4.02	Independently engage in physical activity that addresses fitness and wellness throughout life.		
9 PE 4.03	Analyze a personal healthy lifestyle independent of teacher intervention.		
9 PE 4.04	Evaluate physical activity for injury potential.		
9 PE 5	SOCIAL INTERACTION		
9 PE 5.01	Anticipate and avoid potentially dangerous outcomes and consequences during participation in physical activity.		
9 PE 5.02	Accept leadership responsibility in a group setting.		
9 PE 5.03	Evaluate the role of physical activity in a diverse society (i.e., skill level, gender, race, and disability).		