

Identifier	Poplar - Grade 10 - Physical Education	Introduced	Completed
10 PE 1	LEARNING AND DEVELOPMENT OF MOTOR SKILLS		
10 PE 1.01	Apply appropriate vocabulary to coordinate a class or school-wide activity (i.e., round robin tournament).		
10 PE 1.02	Integrate discipline-specific knowledge to new physical activities.		
10 PE 1.03	Analyze personal performance and apply results for improvement (i.e., lower target heart rate).		
10 PE 1.04	Analyze and compare health and fitness benefits derived from various physical activities.		
10 PE 2	MOVEMENT FORMS		
10 PE 2.01	Demonstrate proficiency in at least three movement forms in two or more sports.		
10 PE 2.02	Apply scientific principles to weight transfer and balance movements.		
10 PE 3	MOVEMENT AS COMMUNICATION		
10 PE 3.01	Identify and demonstrate complex combinations of steps and patterns from different theatrical styles and/or traditional styles of dance.		
10 PE 3.02	Observe and analyze the action and qualities of movement in dances using appropriate dance vocabulary.		
10 PE 3.03	Demonstrate rhythmic acuity.		
10 PE 3.04	Perform traditional and/or theatrical style dances of different time periods or cultures and compare and contrast steps and movement styles.		
10 PE 4	INDIVIDUAL FITNESS		
10 PE 4.01	Refine health-related fitness goals as defined by a formal guideline.		
10 PE 4.02	Independently engage in physical activity that addresses fitness and wellness throughout life.		
10 PE 4.03	Analyze a personal healthy lifestyle independent of teacher intervention.		
10 PE 4.04	Evaluate physical activity for injury potential.		
10 PE 5	SOCIAL INTERACTION		
10 PE 5.01	Anticipate and avoid potentially dangerous outcomes and consequences during participation in physical activity.		
10 PE 5.02	Accept leadership responsibility in a group setting.		
10 PE 5.03	Evaluate the role of physical activity in a diverse society (i.e., skill level, gender, race, and disability).		