

WV CSO Curriculum Planning Tool

High School Physical Education

Objective #	Objective	Projected Date	Date Taught	Date Assessed	Date Re-Taught	Date Re-Assessed
PE.HS.1.01	Participate in a variety of team sports (e.g. Volleyball, basketball, soccer).					
PE.HS.1.02	Participate in a variety of competitive/non-competitive individual and dual activities (e.g., tennis, golf, archery).					
PE.HS.1.03	Participate in a variety of outdoor adventure activities (e.g., orienteering, canoeing, biking, hiking).					
PE.HS.1.04	Participate in a variety of dance and rhythmic activities (e.g., line dancing, aerobics, yoga, square dancing).					
PE.HS.2.01	Identify, practice and apply discipline-specific skills (e.g., overhand serve, opposite hand-opposite foot, body balance, posture)					
PE.HS.2.02	recognize and perform movement skills that enhance motor development proficiency (e.g., body mechanics, balance)					
PE.HS.2.03	identify and explain specific motor skills (e.g., dribbling, passing, follow through) and incorporate into personal performances.					
PE.HS.3.01	determine behaviors and activities that increase physical activity in addition to physical education class.					
PE.HS.3.02	explain how physical activity participation patterns are likely to change throughout the life span.					
PE.HS.3.03	identify and describe local, state, national, and/or international fitness and recreational resources and organizations.					
PE.HS.3.04	assess the social/economic factors that impact physical activity.					
PE.HS.4.01	perform at the gender and age-appropriate health-related fitness standards defined in Fitnessgram.					
PE.HS.4.02	interpret and compare personal fitness related to the five components of fitness: cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility.					
PE.HS.4.03	practice principles of training in the design and implementation of a personal fitness program.					
PE.HS.4.04	compare and contrast the fitness values of various physical activities.					
PE.HS.5.01	examine potential dangers of physical activity and determine how to minimize associated risks.					
PE.HS.5.02	utilize responsible/considerate personal behaviors in physical activity settings.					
PE.HS.5.03	practice proper procedures, demonstrate etiquette and fair play in physical activity settings.					
PE.HS.5.04	explain the influence of peer pressure on physical activity participation and performance.					