

**PULASKI HIGH SCHOOL  
PHYSICAL EDUCATION  
BENCHMARKS AND PERFORMANCE INDICATORS  
Grades 9-12**

<b>STANDARD A: Leading an Active Lifestyle</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Participate in a goal-related, health-enhancing physical activity in and outside the physical education setting.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Documents participation in physical activity outside of the classroom.
2.	Describes behaviors that support a healthy lifestyle.
3.	Sets a personal plan and goal to maintain an active lifestyle throughout his/her life.
<b>STANDARD B: Physical Skill Development</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Use advanced motor skills in a variety of physical activities.
9/12 B	Demonstrate proficiency in the application of motor skills through selected physical activities.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Demonstrates a proficient level of motor skills in one or more team and individual sports of his/her choosing.
<b>STANDARD C: Learning Skills</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Understand and use the scientifically based information regarding movement performance.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Applies results and feedback from assessment to improve performance.
2.	Applies scientific principles to learning and improving skills.
<b>STANDARD D: Understanding Physical Activity and Well-Being</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Demonstrate enjoyment through participation in a variety of physical activities both in competition and recreational.
9/12 B	Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitation.
9/12 C	Help to create an environment that provides for positive social interaction.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Describes participation factors that contribute to enjoyment and self-expression.
2.	Describes positive social interaction resulting from physical activity.

<b>STANDARD E: Health-Enhancing Fitness</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Understand how to maintain and assess an active lifestyle throughout life.
9/12 B	Develop and implement a plan to improve his/her personal level of physical fitness.
9/12 C	Understand the long-term health benefits associated with physical activity.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Sets goals and shows growth in achieving personal goals in terms of cardio-vascular endurance, muscular strength and endurance, flexibility, and body composition.
<b>STANDARD F: Respectful Behavior</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Apply rules, procedures, and etiquette in all physical activity settings.
9/12 B	Work with others in a sport or activity to achieve a common goal.
9/12 C	Apply the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Demonstrates proficient application of the rules of etiquette specific to a given sport/game.
2.	Demonstrates safety, fair play, cooperation, honesty, and ethical behavior in his/her physical performances.
<b>STANDARD G: Appreciation of Differences</b>	
<b>Benchmarks Grades 9-12</b>	<b>The student will:</b>
9/12 A	Demonstrate respect and support for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability.
<b>Performance Indicators Grades 9-12</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Cooperates and interacts with others of diverse cultures, ethnicity, and race during physical activity.
2.	Demonstrates respect for the physical and performance differences and limitations of self and others.