

STATE GOAL 19: Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.

Why This Goal Is Important: Performance of physical activities involves competency in a wide range of motor, non-motor, and manipulative skills. Learning in this area is developmental, building simple movements into more complex patterns. Learning to follow directions and rules enhances enjoyment and success in both recreational and competitive sports. Working toward higher levels of competence, students learn how to maintain health and fitness as individuals and as members of teams.

A. Demonstrate physical competency in a variety of motor skills and movement patterns.

EARLY ELEMENTARY	LATE ELEMENTARY	MIDDLE/JUNIOR HIGH SCHOOL	EARLY HIGH SCHOOL	LATE HIGH SCHOOL
19.A.1a Demonstrate control when performing fundamental locomotor, non-locomotor, and manipulative skills.	19.A.2a Demonstrate control when performing combinations and sequences in locomotor, non-locomotor, and manipulative motor patterns.	19.A.3a Demonstrate control when performing combinations and sequences of locomotor, non-locomotor, and manipulative motor patterns in selected activities, games, and sports.	19.A.4a Perform skills efficiently in a variety of leisure activities, sports, creative movement, and work-related activities.	19.A.5a Demonstrate knowledge and skills in a self-selected individual sport, a team sport, creative movement, and work-related activities.
19.A.1b Participate daily in moderate to vigorous physical activity while performing basic movement patterns.	19.A.2b Participate daily in moderate to vigorous physical activity while performing multiple basic movement patterns with additional combination movement patterns.	19.A.3b Participate daily in moderate to vigorous physical activity while performing multiple movement patterns consistently with additional combination movement patterns.	19.A.4b Participate daily in moderate to vigorous physical activity while performing movement patterns in a variety of activities.	19.A.5b Participate daily in moderate to vigorous physical activity while performing movement patterns in a variety of activities.

B. Analyze various movement concepts and applications.

EARLY ELEMENTARY	LATE ELEMENTARY	MIDDLE/JUNIOR HIGH SCHOOL	EARLY HIGH SCHOOL	LATE HIGH SCHOOL
19.B.1a Understand spatial awareness and relationships to objects and people.	19.B.2a Identify the principles of movement (e.g., absorption and application of force, equilibrium).	19.B.3a Compare and contrast efficient and inefficient movement patterns.	19.B.4a Analyze various movement patterns for efficiency and effectiveness.	19.B.5a Apply the principles of efficient movement to evaluate personal performance.
19.B.1b Understand how to execute basic movement patterns.	19.B.2b Develop a basic understanding of multiple basic movement patterns with additional combination movement patterns.	19.B.3b Understand multiple movement patterns and their effects on the brain.	19.B.4b Analyze multiple movement patterns with additional combination movement patterns and their effects on the brain.	19.B.5b Develop and implement a variety of movement concepts to enhance brain function.

C. Demonstrate knowledge of rules, safety and strategies during physical activity.

EARLY ELEMENTARY	LATE ELEMENTARY	MIDDLE/JUNIOR HIGH SCHOOL	EARLY HIGH SCHOOL	LATE HIGH SCHOOL
19.C.1a Demonstrate safe movement in physical activities.	19.C.2a Identify and apply rules and safety procedures in physical activities.	19.C.3a Apply rules and safety procedures in physical activities.	19.C.4a Develop rules and safety procedures for physical activities.	19.C.5a Select components (e.g., equipment, boundaries, number of players, rules) which promote participation in novel or original physical activities.
	19.C.2b Identify offensive, defensive, and cooperative strategies in selected activities and games.	19.C.3b Apply basic offensive, defensive, and cooperative strategies in selected activities, games, and sports.	19.C.4b Select and apply offensive, defensive, and cooperative strategies in selected activities, games, and sports.	19.C.5b Analyze and apply complex offensive, defensive, and cooperative strategies for selected games and sports.