Ohio Physical Education Standards 9-12

The Goal

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity

To pursue a lifetime of helathful physical activity, a physically literate individual:

* Has learned the skills necessary to participate in a variety of physical activities;
* Knows the implications and the benefits of involvement in various types of physical activities;
* Participates regularly in physical activity;
* Is physically fit;
* Values physical activity and its contributions to a healthful lifestyle.

The Standards

A physically literate individual…

STANDARD 1

Demonstrates competency in a variety of motor skills and movement patterns.

Benchmarks

1. Demonstrate combined movement skills and patterns in authentic settings.
2. Demonstrate specialized manipulative skills in a variety of settings.

STANDARD 2

Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Benchmarks

1. Apply knowledge of tactical concepts and strategies in authentic settings
2. Apply biomechanical principles to performance in authentic settings

STANDARD 3

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical

activity and fitness.

Benchmarks

1. Develops a current and lifetime physical activity plan
2. Implements principles and practices to develop a fitness and nutritional plan to meet individual needs

STANDARD 4

Exhibits responsible, personal and social behavior that respects self and others.

Benchmarks

1. Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures and etiquette in physical activity settings
2. Initiate responsible, personal, social behavior and positively influence the behavior of others in physical activity settings.

STANDARD 5

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Benchmarks

1. Analyzes the activity to identify specific physical, mental and social health benefits
2. Expresses multiple, specific reasons (enjoyment, challenge, self-expression, social) to participate in a selected physical activity