

Anchor Standard 1: Motor Skills and Movement Patterns: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Beginning Kinesiology Standards

Thoroughly explain for each content standard how

- Each content standard (method) will be taught.
- What time of year the students will receive instruction?
- How the standard will be assessed for mastery.
- Accommodations or modifications for students with disabilities.

BK-1.1 Motor Skills and Movement Patterns

BK-1.1 *Lifetime activities*

Exhibit competency in activity-specific movement skills in one or more lifetime activities.

Examples: outdoor pursuits, individual-performance activities, net games, target games.

BK-1.2 Motor Skills and Movement Patterns

BK-1.2 *Dance and rhythm*

Demonstrate competency in a form of dance, and social occasions or lyrical dance.

Examples: line dance, square dance, ballroom, cultural and social occasions, or lyrical dance

BK-1.3 Motor Skills and Movement Patterns

BK-1.3 *Fitness activities*

Exhibit competency in one or more specialized skills in health-related fitness activities.

Examples: stretching, walking, jogging

Anchor standard 2: Movement and Performance: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

BK-2.1 Movement and Performance

BK-2.1 *Movement concepts, principles, and knowledge*

Explain the terminology associated with exercise and participation in selected individual-performance activities.

Examples: dance, net and wall games, target games, outdoor activities

<p>BK-2.2 Movement and Performance BK-2.2 <i>Movement concepts, principles, and knowledge</i> Apply movement concepts and principles while evaluating and improving performance of self and/or others in a selected skill.</p>	
<p>BK-2.3 Movement and Performance BK-2.3 <i>Movement concepts, principles, and knowledge</i> Design a practice plan to improve performance for an individualized selected skill.</p>	
<p>BK-2.4 Movement and Performance BK-2.4 <i>Movement concepts, principles, and knowledge</i> Show examples of social and technical dance forms and rhythmic activities.</p>	
<p>Anchor Standard 3: Physical Activity and Fitness: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	
<p>BK-3.1 Physical Activity and Fitness BK-3.1 <i>Physical activity knowledge</i> Explain the benefits of a physically active lifestyle as it relates to preparation for college and/or a career.</p>	
<p>BK-3.2 Physical Activity and Fitness BK-3.2 <i>Physical activity knowledge</i> Research the validity of advertisements for commercial products and programs pertaining to fitness and a healthy, active lifestyle. Examples: diet pills, energy/sports drinks</p>	
<p>BK-3.3 Physical Activity and Fitness BK-3.3 <i>Physical activity knowledge</i> Explain risks associated with exercising in heat, humidity, and cold.</p>	
<p>BK-3.4 Physical Activity and Fitness BK-3.4 <i>Physical activity knowledge</i> Investigate physical activities available in home and community to develop beneficial, healthy behaviors.</p>	

<p>BK-3.5 Physical Activity and Fitness BK-3.5 <i>Physical activity knowledge</i> Assess risks and safety factors that might affect physical activity choices throughout the life cycle.</p>	
<p>BK-3.6 Physical Activity and Fitness BK-3.6 <i>Engagement in physical activity</i> Participate several times a week in a self-selected lifetime activity, dance, or fitness-related activity outside school hours.</p>	
<p>BK-3.7 Physical Activity and Fitness BK-3.7 <i>Participation in fitness activity</i> Demonstrate correct stretching technique and appropriate skill on resistance-training machines or with free weights.</p>	
<p>BK-3.8 Physical Activity and Fitness BK-3.8 <i>Fitness knowledge</i> Identify components of a personal fitness plan. Examples: strength exercises, stretching exercises, cardiovascular exercises, and nutritional balance</p>	
<p>BK-3.9 Fitness Knowledge BK-3.9 <i>Physical activity and fitness</i> Determine target heart rate and apply that information to a personal fitness plan.</p>	
<p>BK-3.10 Physical Activity and Fitness BK-3.10 <i>Assessment and program planning</i> Research and design a comprehensive personal fitness program to enhance a healthy, active lifestyle to develop lifelong health habits based on the components of health.</p>	
<p>BK-3.11 Physical Activity and Fitness BK-3.11 <i>Nutrition</i> Design and implement a nutrition plan to sustain a healthy, active lifestyle.</p>	

<p>BK-3.12 Physical Activity and Fitness BK-3.12 Stress management Identify healthy stress-management strategies. Examples: relaxation, deep breathing, aerobic exercise</p>	
<p>Anchor Standard 4: Personal and Social Behavior: The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p>	
<p>BK-4.1 Personal and Social Behavior BK-4.1 Personal responsibility Demonstrate effective self-management skills to participate properly in activities with groups including various personalities, skill levels, and diverse populations.</p>	
<p>BK-4.2 Personal and Social Behavior BK-4.2 Rules and etiquette Model respect for others by respecting opposing opinions, exhibiting the willingness to compromise, and demonstrating teamwork while engaging in physical activity.</p>	
<p>BK-4.3 Personal and Social Behavior BK-4.3 Working with others Use communication skills and strategies that promote positive team or group dynamics.</p>	
<p>BK-4.4 Personal and Social Behavior BK-4.4 Working with others Solve problems and think critically during physical activity, both individually and in groups.</p>	
<p>BK-4.5 Personal and Social Behavior BK-4.5 Safety Identify safe practices for participating in physical activity, exercise, and movement practices, individually or in a group. Examples: injury prevention, hydration, use of equipment, implementation of rules, sun protection</p>	

Anchor Standard 5: Values Physical Activity: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

BK-5.1 Values Physical Activity

BK-5.1 Health

Discuss the health benefits of a self-selected physical activity.

BK-5.2 Values Physical Activity

BK-5.2 Challenge

Choose a level of challenge to experience success while participating in a self-selected physical activity.

BK-5.3 Values Physical Activity

BK-5.3 Self-expression and enjoyment

Participate in self-selected physical activities that meet the need for self-expression and enjoyment.

BK-5.4 Values Physical Activity Social interaction

BK-5.4 Social interaction

Identify the opportunities for social interaction and social support in a self-selected physical activity.

Alabama Physical Fitness Assessment (APFA) Requirement

The Alabama Physical Fitness Assessment must be administered to Grade 2-12 students, including students who receive granted substitutions from the State Superintendent of Education. Fitness data must be reported to the State Department of Education. (*Alabama Administrative Code 290-2.*)

The APFA focuses on health-related fitness, which is linked to fitness components that may lower student health risks such as high blood pressure, diabetes, and lower back pain. It is designed to comprehensively assess the health and physical fitness of all Alabama students. This assessment, which is criterion-referenced, targets achieving and maintaining a healthy level of fitness in the areas of aerobic cardiovascular endurance, muscular strength/endurance, abdominal strength/endurance, and flexibility.) (*Alabama Administrative Code, Chapter 290-3-1(ii).*)

Please provide the teacher's name that is responsible for administering the Alabama Physical Fitness Assessment and posting both the fall and spring scores into INow Health?