

## Tenth Grade Physical Education

August 2015

### Semester

#### SOL 10.1

- Proficiency in all basic movement skills and patterns
- Competencies in all movement skills to appropriate game/sport
- A plan for three or more lifetime, skilled-related physical activities

#### SOL 10.2

- Apply movement principles and concepts to skill performance
- Explain and apply scientific principles that aid in movement of skills and performance
- Integrate movement principles and concepts

#### SOL 10.3

- Demonstrate the ability to independently apply basic principles of training
- Use a variety of resources to improve physical activity and personal fitness

#### SOL 10.4

- Demonstrate appropriate behaviors in all physical activity settings
- Initiate and maintain appropriate personal behaviors
- Exhibit leadership and the ability to follow others
- Avoid potentially dangerous situations in physical activity settings

#### SOL 10.5

- Analyze and evaluate the significance of physical activity
- Participate regularly in health-enhancing physical activities
- How personal characteristics, behaviors, and activity preferences change over time

**1 week per unit/sport**