This semester class offers students instruction in lifetime individual, dual, and team sports activities. The emphasis is on activities offering lifelong participation opportunities. PST is designed to develop competency in up to five different activities. Competency involves the ability to apply the basic skills, strategies, and rules using standardized guidelines or rubrics.

By the End of Quarter One, I Can:

* Demonstrate a competency in up to five different physical activities that I can participate in throughout my life.
* Demonstrate competency in these activities by applying the basic skills, strategies, and rules using standardized guidelines and rubrics.
* Calculate my heart rate and estimate my target heart rate zone.
* Explain the positive benefits that physical activity has on my body and mind.
* Explain the social and psychological aspects of sport.
* Demonstrate the proper physiology of warming up and cooling down.
* Explain how physical activity or exercise can be unsafe.
* Explore physical activity beyond the class room and identify recreational opportunities within my local community and state.
* Identify opportunities for academic service-learning such as assisting senior citizens with household chores.
* Use combinations or sequences of movement skills in games or other physical activities.

By the End of Quarter Two, I Can:

* Demonstrate a competency in up to five different activities that I can participate in throughout my life.
* Demonstrate competency in these activities by applying the basic skills, strategies, and rules using standardized guidelines and rubrics.
* Demonstrate the techniques of proper and safe lifting.
* Demonstrate the technique of carrying and moving heavy objects.
* Use available technologies to monitor, evaluate, and adjust my physical activity.
* Identify and participate in a number of activities that develop muscular strength and endurance, flexibility and cardiovascular endurance.
* Identify and explain sports and activities of other cultures.
* Detect and correct errors in individual and group performances.
* Explain the importance of empathy when working with people of various skill levels to accomplish a group or team goal.