**PST – 9th Grade **

**Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.** (Standard #1)

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| **Learning Objectives** | **I Can perform it** | **Still working on it** | **Don’t know how** |
| 1**.** I Can perform proper movement skills for a variety of games, dance, and sport activities. |  |  |  |
| 2. I Canuse combinations or sequences of movement skills in games or others activity settings. |  |  |  |
| 3**.** I Can participate in a number of individual and team activities demonstrating the basic skills, strategies and rules. |  |  |  |
| 4. I Can demonstrate understanding of the basic skills, strategies, and rules in a variety of activities.  |  |  |  |
| 5. I Can practice movement skills individually, with a partner, in a small group, and in regulation play. |  |  |  |
| 6. I Canassess skill performance of self and others using critical cues. |  |  |  |
| 7. I can detect and correct errors in individual and group performance. |  |  |  |
| 8. I can state and understand critical cues for movement skills. |  |  |  |

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| Fitness Language students should know and use: | Assess, critical cues, movement skills, skill performance, strategies |