** PST– 9th Grade**

**Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.** (Standard #2)

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| **Learning Objectives** | **I Can perform it** | **Still working on it** | **Don’t know how** |
| 1**.** I Can explain the social and psychological aspects of sport, i.e., goal setting, stress reduction, self-assessment, self-image, group interaction and cooperation, empathy, and participation according to rules. |  |  |  |
| 2. I Can analyze movement performance through a variety of means such as rubrics, self and peer assessment, video and computer analyses, and teacher feed back. |  |  |  |
| 3**.** I Can demonstrate knowledge of concepts regarding the physiology of warming up and cooling down, the structure and function of the human body, the influence of individual difference in activity settings, and unsafe exercises. |  |  |  |
| 4. I Can design personal practice sessions according to individual needs. |  |  |  |
| 5. I can explain and apply biomechanical principles related to stability of the center of gravity, the production and application of force, and safe methods of lifting/carrying heavy objects. |  |  |  |

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| Fitness Language students should know and use: | concepts, empathy, individual differences, psychological aspects, self-image, stress reductions, |