** PST - 9th Grade **

**Students will participate regularly in physical education** (Standard #3)

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| **Learning Objectives** | **I Can perform it** | **Still working on it** | **Don’t know how** |
| 1**.** I Can adjust activities to increase fitness benefits by increasing pace and adding time and or repetitions.  |  |  |  |
| 2. I Canrecognize the benefits of a healthy lifestyle and the consequences of poor nutrition and inactivity. |  |  |  |
| 3**.** I can calculate maximum heart rate and exercise in a target heart rate zone. |  |  |  |
| 4. I Can develop short and long-term goals for activity and physical fitness. |  |  |  |
| 5. I Can explore a variety of nontraditional physical activities for personal interest both during and outside of school hours.  |  |  |  |
| 6. I Cananalyze and compare health and fitness benefits derived from a variety of activities. |  |  |  |
| 7. I can accurately explain the elements of physical fitness. |  |  |  |

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| Fitness Language students should know and use: | Analyze, compare, elements, maximum heart rate, pace, target heart rate zone, nontraditional activities,  |