



Fit & Well
Core Concepts and Labs in Physical Fitness and Wellness
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STANDARDS	PAGE REFERENCES
<p>Standard 1: Skilled Movement</p>	
<p>Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.</p>	
<p>9-12.PE.1.1.1 Demonstrate a competent skill level in three individual activities (e.g., dance, aquatics, gymnastics, golf, archery, skiing, in-line skating, backpacking, bicycling, disc golf, weight training, bowling).</p>	<p>See <i>Foundations of Personal Fitness</i> © 2005 for the following references that cover skill related fitness.</p> <p>Student Edition: 11, 71, 74-76, 81, 317 <i>Figure</i> 317 <i>Fitness Check</i> 78-80 <i>Photo</i> 71, 75, 76</p> <p>Teacher Wraparound Edition: FC 78-80; IS 74; MA 78-79</p>

STANDARDS	PAGE REFERENCES
9-12.PE.1.1.2 Demonstrate a competent skill level in two dual sports (e.g., tennis, badminton, pickleball, table tennis, racquetball, handball).	<p>See <i>Foundations of Personal Fitness</i> © 2005 for the following references that cover skill related fitness.</p> <p>Student Edition: 11, 71, 74-76, 81, 317 <i>Figure 317</i> <i>Fitness Check 78-80</i> <i>Photo 71, 75, 76</i></p> <p>Teacher Wraparound Edition: FC 78-80; IS 74; MA 78-79</p>
9-12.PE.1.1.3 Demonstrate a competent skill level in two team-related activities (e.g., soccer, softball, basketball, floor or field hockey, volleyball).	<p>See <i>Foundations of Personal Fitness</i> © 2005 for the following references that cover skill related fitness.</p> <p>Student Edition: 11, 71, 74-76, 81, 317 <i>Figure 317</i> <i>Fitness Check 78-80</i> <i>Photo 71, 75, 76</i></p> <p>Teacher Wraparound Edition: FC 78-80; IS 74; MA 78-79</p>
Standard 2: Movement Knowledge	
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	
9-12.PE.2.1.1 Know and understand pertinent scientifically based information regarding movement performance.	<p>The following references can be used to help meet this objective.</p> <p>Student Edition: 34-37, 99-100</p>
9-12.PE.2.1.2 Apply advanced movement-specific information to physical activity.	<p>The following references can be used to help meet this objective.</p> <p>Student Edition: 34-37, 99-100</p>
9-12.PE.2.1.3 Integrate discipline-specific knowledge to enable the independent learning of movement skills.	<p>The following references can be used to help meet this objective.</p> <p>Student Edition: 34-37, 99-100 <i>In Focus 101</i></p>

STANDARDS	PAGE REFERENCES
Standard 3: Physically Active Lifestyle	
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
9-12.PE.3.1.1 Participate daily in physical activity both in and out of school settings.	Student Edition: <i>Figure 39, 41, 204</i> <i>Lab 2.3 53</i> <i>Table 40</i> Daily Fitness and Nutrition Journal: 8-23, 24-48
9-12.PE.3.1.2 Analyze the personal benefits that result from participating in physical activity, both as individuals and with others.	Student Edition: 5-6, 29-31, 32-34, 65-70, 95-98, 144-145, 245-246, 320-321, 343, 352 <i>Figure 9, 39, 69</i> <i>Photo 65</i> <i>Table 5, 96</i> <i>Wellness Connection 29, 68</i>
9-12.PE.3.1.3 Analyze factors that influence personal physical activity patterns throughout life.	Student Edition: 10-14, 16-19, 20, 43 <i>Lab 2.3 53-56</i> <i>Take Charge 20</i>
Standard 4: Personal Fitness	
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	
9-12.PE.4.1.1 Demonstrate health-related fitness by improving, meeting and/or sustaining gender and age-related fitness standards as defined by approved tests.	Student Edition: 70 <i>Figure 42</i> <i>Lab 3.1 87, 4.1 131-134, 4.2 135-138, 5.1 165-170, 5.3 173-174</i> <i>Table 70, 73</i>
9-12.PE.4.1.2 Develop an appropriate physical fitness program, and apply appropriate technology to achieve and maintain physical fitness.	Student Edition: 42-44, 71-76, 98-108, 115-127, 145-153, 158-162, 200-208, 214-222 <i>Figure 74, 76, 104, 105, 145, 201, 204, 206, 207</i> <i>In Focus 101</i> <i>Lab 2.4 52-58, 3.2 91-92, 4.3 139-140, 5.2 171-172</i> <i>Photo 115-126, 147, 148-153, 159-162</i> <i>Table 73, 77, 111-115, 215, 216, 219, 220, 222</i> <i>Take Charge 107</i> Daily Fitness and Nutrition Journal: 5-7

STANDARDS	PAGE REFERENCES
9-12.PE.4.1.3 Demonstrate an understanding that physical fitness is a part of a lifelong wellness program.	Student Edition: 20, 96-97, 145, 208-209, 211-213 <i>Dimensions of Diversity</i> 67, 97
Standard 5: Personal and Social Responsibility	
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	
9-12.PE.5.1.1 Initiate independent and responsible personal behavior in physical activity settings.	The following references can be used to help meet this objective. Student Edition: A-6 <i>Critical Consumer</i> 47 <i>Lab 7.2</i> 225-226
9-12.PE.5.1.2 Accept the responsibility for taking a leadership role and willingly follow, as appropriate, in order to accomplish group goals.	Goal setting is discussed in the following references. Student Edition: 16-17, 38 Daily Fitness and Nutrition Journal: 3
9-12.PE.5.1.3 Develop strategies for including persons of diverse backgrounds and abilities in physical activity setting.	Student Edition: 209-212 <i>Dimensions of Diversity</i> 35