

**2ND YEAR HIGH SCHOOL
PHYSICAL DEVELOPMENT CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors**

MOVEMENT AND SAFETY

- _____ Analyze personal performance for effective movement.
- _____ Apply results of self-analysis for personal improvement.
- _____ Critique self-selected activity for his/her own ability to adjust to the changing environment.
- _____ Apply basic skills inherent to any activity with consistent positive results.
- _____ Compare skill development changes that occur from childhood to adulthood in a self-selected individual/ dual/team sport, creative movement activities, or work related activities.
- _____ Observe and critique a performance of a manipulative skill of a classmate and identify a variety of biomechanical principles that contribute to the effectiveness of the performance.
- _____ Observe and critique a performance of a classmate and identify the level of efficiency of the performance.
- _____ Select a skill and analyze the skill for maximum effectiveness and efficiency.
- _____ Design a plan for improvement of the skill to increase effectiveness and efficiency.
- _____ Design a plan for improvement of a game or dance performance to increase effectiveness and efficiency.
- _____ Design a plan for learning a new skill based on requirements of effectiveness and efficiency.
- _____ Design a plan for modifying a new skill based on requirements of effectiveness and efficiency in performing the skill.
- _____ Identify the effect of fitness levels on the performance of a variety of skills (movement efficiency).
- _____ Identify the effect of fitness levels on the performance of games and dance (movement efficiency).

_____ Take part in activities in a safe and appropriate manner.

- _____ Apply cooperative strategies during activities, games, or sports.
- _____ Select appropriate strategies to offset the opponent's strategies.
- _____ Apply rules during self-officiated activities, games, or sports.
- _____ Modify existing components of a specific activity to improve that activity (increase the participation).
- _____ Create an activity using rules, strategies, and safe methods in which classmates can participate.

FITNESS

- _____ Participate regularly in health-enhancing fitness in and out of school.
- _____ Participate in health-enhancing levels of physical activity on a daily basis.
- _____ Participate in a progression of activities that will maintain or improve personal fitness levels.
- _____ Demonstrate the knowledge, skill, and ability to monitor and adjust physical activity levels to meet personal fitness needs.
- _____ Interpret your own personal data gram and evaluate your data to influence change in your program.
- _____ Formulate a fitness plan that can be implemented and tested by collecting data.
- _____ Include principles of exercise frequency, intensity, time, type, specificity, progression, and overload into a regular exercise program, including warm up and cool down.
- _____ Explain data recorded throughout an exercise program.
- _____ Demonstrate correct adjustment and use of fitness equipment.
- _____ Display proper exercise technique.
- _____ Create a profile to track heart rate and fitness levels over an extended period of time.
- _____ Measure health/fitness levels in body composition, muscular strength, muscular endurance, flexibility, and cardiovascular endurance.
- _____ Use multiple assessments to determine current levels of fitness within each component.
- _____ Match health-related fitness components to a valid assessment of each component.

- _____ Interpret health-related fitness data collected over a period of time, with and without the use of technology, to assess all components of health-related fitness: body composition, muscular strength, muscular endurance, flexibility, and cardiovascular fitness before, during, and after engaging in an exercise program.
- _____ Assess improvements in a fitness profile and set new goals.
- _____ Evaluate behavioral choices and their impact on fitness level.
- _____ Evaluate the possible effects of heredity on physical wellness.
- _____ Evaluate the effects of fitness choices on physical wellness.
- _____ Write health-related fitness goals that reflect current fitness level, length of available time, equipment and facilities, and realistic goals.
- _____ Incorporate the specific health and exercise behaviors necessary to attain the short-term and long-term goals.
- _____ Recognize possible difficulties in achieving both short and long-term goals and identify strategies to overcome these difficulties.
- _____ Determine the level of success in meeting these goals.
- _____ Analyze results of health-related goals for each specific health-related fitness component.
- _____ Evaluate short-term goals.
- _____ Perform periodic assessments of each component of health-related fitness.
- _____ Revise a fitness program to reflect changes in age and/or possible changes in health status (e.g., illness or injury).
- _____ Adjust or modify personal fitness plan as warranted.
- _____ Keep a personal fitness log that includes warm-up activities, complete descriptions of conditioning exercises and activities, workout hours and minutes, intensity, repetitions, sets, frequency, and cool down activities.
- _____ Evaluate the contents of a personal exercise log.
- _____ Evaluate behavioral choices and their impact on personal fitness levels.

RESPONSIBLE PLAY

- _____ Demonstrate problem-solving skills and strategies when participating in physical activity.
- _____ Coach/facilitate a group of peers when participating in a physical activity.
- _____ Compare safety procedures used in a variety of physical activities and explain why they are important.
- _____ Self-officiate games and/or activities when participating in a physical activity.
- _____ Design a group activity including rules and safety procedures.
- _____ Examine how to change the rules of an activity or game in order to include every participant.

GROUP PHYSICAL ACTIVITY

- _____ Share leadership and supportive roles during structured group physical activity.
- _____ Support group decisions when participating in structured group physical activities.
- _____ Compromise/Adapt to group needs during physical activity.
- _____ Resolve interpersonal conflicts with others during structured group physical activity.
- _____ Encourage others to respond positively to challenges, successes, and failures in structured group physical activities.
- _____ Assess the group's ability to perform at higher levels of team-building in competitive and non-competitive settings during structured group physical activity.
- _____ Plan a strategy to reach an agreed upon goal during structured group physical activity.
- _____ Assess the contribution of group members toward goal achievement during structured group physical activity.
- _____ Respect and acknowledge the different physical performance levels of others when participating in structured group physical activities.
- _____ Follow through with plans and strategies established to achieve group goals (including team building strategies) when participating in physical activity.
- _____ Evaluate strengths and weaknesses of the plan or process used to complete a task during structured group physical activity.