

**Department: Physical Education**

**Revised: October, 2016**

PHE08A11: Practice and demonstrate beginning/advanced level skill techniques.

PHE08B11: Understand game strategies and explain mechanics of specific skills.

PHE08C11: Demonstrate positive factors that impact participation.

PHE08D11: Understand and apply principles to improve physical fitness.

PHE08D12: Meet health-related fitness standards.

PHE08E11: Demonstrate good sportsmanship.

PHE08E12: Respect the physical and performance limitations of self/others.

PHE08F11: Recognize and value the benefits of participation in physical activity.