

Curriculum Grade Book

Morgan County School District

Final, 01/11/2010

PE II

PL/VS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Physical Education																														
<p>■ 2.1.01 (DOK 3) Supporting The learner will be able to analyze the principles for motor skills (e.g., accuracy, techniques, physics, mechanics) and make applications for improving these skills (locomotor, nonlocomotor, transitional).</p>																														
<p>■ 2.1.02 (DOK 3) Supporting The learner will be able to infer how an analysis of specialized movement patterns (e.g., swinging golf clubs, shooting basketballs) and sequence evaluation (e.g., positioning, performing, following through) can be used to make recommendations for the improvement of skills used in individual, dual and team sports (e.g., golf, racket sports, softball, volleyball, basketball).</p>																														
<p>■ 2.2.01 (DOK 2) ASSESSED The learner will be able to explain how physical, emotional/mental, and social benefits result from regular participation in leisure/recreational or competitive physical activities: PHYSICAL: Disease prevention, weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory endurance, control of body movements, increased metabolism, reduction of body fat, decrease in cholesterol, decreased heart rate. MENTAL/EMOTIONAL: Reduces anxiety/stress, depression provides better body image, improves self-discipline, and self-respect. SOCIAL: Provides opportunity for interaction with others, cooperation, friendship, teamwork, respect for others, and tolerance.</p>																														
<p>■ 2.2.02 (DOK 3) Supporting The learner will be able to apply techniques (e.g.,</p>																														

