

Merrimack School District  
Essential Learning Competencies

School	MHS
Discipline	Physical Education
Course Title	PE 1 courses

Quarter 1

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
<p>1. Demonstrates competency in a variety of motor skills and movement patterns.</p> <p>“I use a variety of skills to participate in physical activities.”</p>	<p>National Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p>	<p>Physical Activity Knowledge:</p> <ul style="list-style-type: none"> <li>• Demonstrate proficiency and/or refine activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, net/wall games, territorial games or target games)</li> <li>• Demonstrate proficiency in two or more specialized skills in health-related fitness activities</li> </ul>	<p>Observation</p> <p>Skill Assessment</p> <p>Activity Log</p> <p>Test/Quiz</p>
<p>2. Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p>	<p>National Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</p>	<p>Physical Activity Knowledge:</p> <ul style="list-style-type: none"> <li>• Apply the terminology associated with exercise and participation in selected</li> </ul>	<p>Observation</p> <p>Test/Quiz</p> <p>Activity Log</p>

<p>“I apply concepts related to movement whenever I’m physically active.”</p>		<p>individual performance activities, dance, net/wall games, territorial games, target games and/or outdoor pursuits appropriately</p> <p>Engages in Physical Activity:</p> <ul style="list-style-type: none"> <li>• Use movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self, and/or others in a selected skill</li> </ul>	
<p>3. Understand and practice the skills that will help maintain a healthy lifestyle.</p> <p>“I know and practice the skills that help me maintain a healthy lifestyle.”</p>	<p>National Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>Physical Activity Knowledge:</p> <ul style="list-style-type: none"> <li>• Discuss the benefits of a physically active lifestyle as it relates to their future</li> <li>• Identify types of strength exercises and stretching exercises for personal fitness development</li> </ul> <p>Engages in Physical Activity</p> <ul style="list-style-type: none"> <li>• Participates several days</li> </ul>	<p>Fitness Tracker</p> <p>Activity Log</p> <p>Tests/Quizzes</p>

		a week in a fitness-based activity and is aware of the opportunities that exist outside PE	
<p>4. Understand how fair, responsible, and respectful behavior in physical education relates to a positive, global environment.</p> <p>“I act fairly, responsibly, and respectfully when I participate in activities.”</p>	National Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.	<p>Physical Activity Knowledge:</p> <ul style="list-style-type: none"> <li>• Discuss the benefits of a physically active lifestyle as it relates to their future</li> <li>• Identify types of strength exercises and stretching exercises for personal fitness development</li> </ul> <p>Engages in Physical Activity</p> <ul style="list-style-type: none"> <li>• Participates several days a week in a fitness-based activity and is aware of the opportunities that exist outside PE</li> </ul>	<p>Observation</p> <p>Activity Log</p> <p>Tests/Quizzes</p>
5.			
6.			

Quarter 2

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
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Quarter 3

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
1.			
2.			
3.			
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5.			
6.			

Quarter 4

Essential Learning Competencies	Links to the Rubrics/Standards/Competency	Formative Assessments	Summative Assessments
1.			
2.			
3.			
4.			
5.			
6.			