

Urbandale Physical Education Power Standards

1. Combines movement skills and applies rules in at least two lifetime recreational, team or individual activities.
2. Explains the positive benefits of physical activity.
3. Can demonstrate basic offensive, defensive, and transition strategies in team and individual activities.
4. Participates in physical activity at least 25 days each semester.
5. Understands and applies the five components of fitness.
6. Acts independent of negative peer pressure during physical activity.
7. Recognizes and resolves conflicts during physical activity.
8. Evaluate personal fitness level based on H.S. fitness tests.