

**Healthful Living North Carolina Essential Standards Grade 9**

**PHYSICAL EDUCATION**

**MOTOR SKILLS**

9.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	PE.9.MS.1.1 Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.
	PE.9.MS.1.2 Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.
	PE.9.MS.1.3 Apply information and statistical data about personal and group performance to develop strategies to improve game play or participation in activities.
	PE.9.MS.1.4 Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

**MOVEMENT CONCEPTS**

9.MC.2 Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	PE.9.MC.2.1 Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.
	PE.9.MC.2.2 Use complex movement principles to evaluate and improve performance.
	PE.9.MC.2.3 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

**HEALTH RELATED FITNESS**

9.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.9.HF.3.1 Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
	PE.9.HF.3.2 Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.
	PE.9.HF.3.3 Analyze the relationship between the six sports-related components and the five health-related components of fitness.

**PERSONAL AND SOCIAL RESPONSIBILITY**

9.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	PE.9.PR.4.1 Implement leadership skills to promote responsibility in self and others.
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	PE.9.PR.4.2 Select the most appropriate ways of responding and mediate to settle conflicts.
	PE.9.PR.4.3 Explain the influence of physical activity on cultural competence and the development of self-awareness