### Standard 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

*Within the context of *Aquatics 2 and Climbing* students will:*

1.1 Swim the six required swimming strokes - front crawl, back crawl, breast stroke, sidestroke, butterfly, elementary backstroke - over a distance of 100 meters.

1.2 Perform the 25 aquatic skills of the Red Cross Level 6 and Level 7, including life saving in-water skills and deck-lifeguard skills.

1.3 Demonstrate mastery of the kayaking skills - roll over exit, 360 degree turns on heading, corner to corner paddle, and controlled sprint starts and finishes.

1.4 Perform wall climbing safety belaying, platform abseiling, and correctly tie six climbing knots.

### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

*Within the context of *Aquatics 2 and Climbing* students will:*

2.1 Explain hydrodynamic streamlining refinements that assist in reducing drag during swimming strokes.

2.2 Explain tactical decisions in the game of water polo in both offense and defense.

2.3 Explain basic water safety rules in and around the pool - for example, *No diving in the shallow end.*

### Standard 3: Participates regularly in physical activity.

*Students will:*

3.1 Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

3.2 Respond to recommended participation in vigorous physical activity outside of physical education class during the week.
### Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

**Students will:**
- **4.1** Develop a personal fitness profile on the basis of fitness assessment results.
- **4.2** Meet the age- and gender-specific health-related fitness standards defined by Fitnessgram.

### Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Students will:**
- **5.1** Demonstrate the 5 SAS core values (respect, responsibility, compassion, honesty, fairness) in cooperative and competitive games/activities.
- **5.2** Show leadership by peer-coaching others in class in small groups.
- **5.3** Show support and encouragement to all levels of skill and/or experience.

### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Students will:**
- **6.1** Identify and reflect on reasons for choosing to participate in selected activities (i.e. health enjoyment, challenge, self-expression, social interaction).
- **6.2** Develop positive and healthy relationships with other students in class.