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

*Within the context of International Sports - netball, cricket, lacrosse, and sepak takraw - students will:*

1. Demonstrate chest, bounce and overhead passing, catching, shooting, toss ups and dodging moves for playing **netball**.
2. Demonstrate stick side catch, off-side catch and over the shoulder catching techniques, stick checks, passing, scooping techniques such as the lacrosse scoop, and rake and scoop, vertical, horizontal, bottom-handed cradling, movements associated with attacking, goal tending, dodging, defending, and face offs for playing **lacrosse**.
3. Demonstrate fast and spin bowling, batting techniques such as block, cut, drive and sweep shots, catching, fielding and throwing moves for playing **cricket**.
4. Demonstrate short and deep serving, passing to self and others, and attacking moves for playing **sepak takraw**.

### 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 International Sports - netball, cricket, lacrosse, and sepak takraw - students will:*

2.1 Play within the rules.
2.2 Explain appropriate tactical decisions relating to “what” to do “when,” both on the ball and off the ball and on offense and defense.

### 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 Fitness gram.

### 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 such as health enjoyment, challenge, self-expression, social interaction.
6.2 Develop positive and healthy relationships with other students in class.