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

*Within the context of Outdoor Adventure Education students will:*

1.1 Demonstrate directional accuracy and distance perception in performing a multi-leg orienteering course.

1.2 Exhibit the skill and safety steps to check-off on all of the high elements of the Ropes Challenge Course. Cat Walk, Cargo Net, Postman Walk, Burma Bridge, Multi Vine, Centipede Climb, Dangling Duo, Fire Cracker Ladder, and Heeby Jeeby.

1.3 Master proficient wall climbing technique, safety belaying, abseiling descents, lead climbing, and knot tying.

### 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 Outdoor Adventure Education students will:*

2.1 Explain compass orienteering principles, magnetic north deviation, and reciprocal course headings to successfully navigate course mapping.

2.2 Tie “non loaded knots” and secure proper climbing hardware for safe execution of a climbing participant.

2.3 Demonstrate proper “tie in” techniques for both climber and safety belay, including correct communication between parties during and after the completion of the climb.

### 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.

*Adapted from National Association for Sport and Physical Education Standards*
### 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.