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

*Within the context of Personal Defense and Combatives students will:*

1.1 Demonstrate proper breathing control and correct break falls during a variety of throwing Judo techniques
1.2 Use the wrestling techniques and principles of clinching, holding, locking and leverage
1.3 Execute a minimum of 4 different basic punches (jab, cross, hook, uppercut)
1.4 Demonstrate a variety of punches, kicks, knee and elbow strikes and open handed techniques in Karate martial arts
1.5 Perform a Kata sequence of movements for both Judo and Karate.

### 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 Personal Defense and Combatives students will:*

*students will:*

2.1 Explain the importance of a proper and safe break fall in Judo
2.2 Describe the three generally accepted boxing styles that are used to define fighters - the in-fighter, the out-fighter and the brawler.
2.3 Describe at least 3 competition rules and regulations on legal arm locks in wrestling.
2.4 Name and explain a minimum of 3 different karate styles.

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

*Students will:*

3.1 Willingly participates 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.