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

*Within the context of Soccer, Flag Football and Rugby students will:*

1. **Dribble a soccer ball at fast speed (while maintaining control of the ball, evading opponents, and shielding the ball), inside of the foot directional pass, laces pass over distance while leaning backwards, controlling the ball with the head and thigh, finishing in one-touch on goal, goal keeping.**
2. **Perform the spin pass, grubber kick into space, and engage in tagging and tackling, line-outs and goal kicking for playing rugby.**
3. **Demonstrate snap, leading a receiver, rushing, flag removal, overhand spiral, and receiving for playing flag football.**

### 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 Soccer, Flag Football and Rugby 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 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.**

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

*Singapore American School, January 12, 2009*

*Adopted by the Board on January 29, 2009*
### Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

*Students will:*

1. Develop a personal fitness profile on the basis of fitness assessment results.
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:*

1. Demonstrate the 5 SAS core values (respect, responsibility, compassion, honesty, fairness) in cooperative and competitive games/activities.
2. Show leadership by peer-coaching others in class in small groups.
3. Show support and encouragement to all levels of skill and/or experience.
4. Tackle opponents in a manner that is safe for all players.

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

*Students will:*

1. Identify and reflect on reasons for choosing to participate in selected activities. (i.e. Health enjoyment, challenge, self-expression, social interaction).
2. Develop positive and healthy relationships with other students in class.