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

*Within the context of Track and Field – Jumping/Throwing students will:*

1.1 Demonstrate a marked out J-shape approach run when performing the Fosbury flop high jump technique.
1.2 Determine and use a personal marked out approach-run ideal to reach maximum speed for the Long Jump.
1.3 Employ a correct hop-step-jump rhythm in the Triple Jump.
1.4 Perform an appropriate 3 or 5 stride cross-over transition stride for the Javelin Throw.
1.5 Execute a minimum of 3 different Shot Put techniques/styles - step back, glide/kick hop (O’Brien), spin (Baryshnikov).
1.6 Hold the discus correctly in the Discus Throw.

### 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 Track and Field – Jumping/Throwing students will:*

2.1 Explain the ‘penultimate stride’ for both Long and High jump.
2.2 Describe at least 3 competition laws for the Javelin, Shot Put and Discus Throw.
2.3 Name and explain the different phases for the High jump, Long Jump and Triple Jump (approach, take-off, flight, landing).

### 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 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.
- **5.4** Demonstrate proper conduct in throwing events (competition and training) to avoid injury to self and others.

### 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.