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 – Running Events students will:

1.1 Execute proper starts utilizing blocks in the 100, 200, 400 meter events.
1.2 Execute proper starting techniques in the 800, 1500 meter events.
1.3 Utilize effective strategies in specific phases of the various events (100, 200, 400, 800, 1500 meters) including running form.
1.4 Adjust style and pacing to suit the event.

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 – Running Events students will:

2.1 Explain decisions taken when queried with regard to strategies employed during the event
2.2 Elucidate clearly the laws governing each event.
2.3 Discuss the best practices with regard to each phase of an event
2.4 Explain rationale behind specific training procedures for each event.
2.5 Demonstrate understanding of cognitive skills necessary for obtaining optimum results in each event – “what” to do “when.”

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 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 games and competitive games.
- **5.2** Show leadership by diffusing conflict during competition.
- **5.3** Demonstrate proper conduct in competition 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 reasons for participating in physical activity.
- **6.2** Develop positive, healthy relationships with students in class.