



Golden Eagle Charter School

Physical Education High School Course 1 Learning Targets

1. Participate in moderate to vigorous physical activity at least 4 x a week.
2. Explain and demonstrate advanced offensive and defensive strategies.
3. Explain and use the forces of biometrics: leverage, force, inertia, rotary motion, opposition, buoyancy in a variety of physical activities.
4. Examine the physical, emotional, cognitive, and scientific factors that affect performance, and the relationships between those factors.
5. Identify, explain and apply the dynamics of balance, reaction time, agility, coordination, power and speed in physical activities,
6. Explain which training practices have the greatest impact on skill acquisition.
7. Create practice/training plans based on evaluation of performance.
8. Identify and list available fitness resources in the community.
9. Discuss the importance of nutrition and hydration for maintaining physical strength and endurance.
10. Explain the role of physical fitness in the prevention of disease and reduction of health care costs.
11. Act independently of negative peer pressure during physical activity.
12. Analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace.
13. Practice cooperation and respect while engaged with others in physical activity.