

## **A+ COMPETENCIES PHYSICAL EDUCATION AND HEALTH**

**NAME**

### **HEALTH**

#### **MASTERY 70% OR HIGHER**

Students demonstrate skills that promote individual well-being and healthy relationships.

Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.

Students demonstrate the ability to maintain a healthy lifestyle.

Students effectively use interpersonal skills.

Students demonstrate the ability to accept the rights and responsibilities for self and others.

Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real life situations.

Students use a decision-making process to make informed decisions among options.

### **PHYSICAL EDUCATION and BODY CONDITIONING**

#### **MASTERY 70% OR HIGHER**

Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.

Students perform physical movements skills effectively in a variety of settings.

Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout lives.

Students effectively use interpersonal skills.