

Standard ID	Standard Text	Edgenuity Lesson Name
WA.PE.HS1.	Physical Education (High School Year 1)	
PE1.	Students will demonstrate competency in a variety of motor skills and movement patterns.	
	Lifetime Activities	
PE1.1.	Games and Sports	
PE1.1.HS1.	Demonstrate competency in activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target).	
PE1.2.	Individual-Performance Activities	
PE1.2.HS1.	Demonstrate competency in activity-specific movement skills in two or more individual-performance activities.	
PE1.3.	Outdoor Pursuits	
PE1.3.HS1.	Demonstrate competency in activity-specific movement skills in two or more outdoor pursuits.	
PE2.	Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	
	Lifetime Activities	
PE2.1.	Strategies and Tactics	
PE2.1.HS1.	Develop an offensive and a defensive strategy for the purpose of game play.	
PE2.2.	Movement Performance	
PE2.2.HS1.	Use movement concepts (force, motion, rotation) to analyze and improve performance of self or others in a selected skill.	The Skeletal, Muscular, and Nervous Systems Movement Stability & Range of Motion

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PE2.3.	Movement Concepts	
PE2.3.HS1.	Assess critical elements and stages of learning a self-selected motor skill.	Skill-related Fitness Fitness Evaluation
PE2.4.	Training Principles and Knowledge	
PE2.4.HS1.	Apply training principles and knowledge (progression, specificity, overload, reversibility, diminishing return) to a self-selected activity.	Integrated Movement Exploring Exercises for Muscular Fitness

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PE3.	Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
	Physical Activity	
PE3.1.	Benefit of Physical Activity	
PE3.1.HS1.	Investigate relationship between physical activity, nutrition, and body composition.	Health and Wellness A Healthy Lifestyle Physical Fitness Basics Physical Fitness and Lifestyle Physical Activity Benefits Physical Fitness Attitudes Principles of Exercise Defining Communicable Diseases Preventing Communicable Diseases Common Communicable Diseases Cancer Common Noncommunicable Diseases Disabilities Using Tobacco Dangers of Tobacco Choosing a Tobacco-Free Life Using Alcohol Alcohol and the Body Choosing an Alcohol-Free Life Drugs as Medicine Illegal Drugs Drug Use Risks Choosing a Drug-Free Life
PE3.2.	Physical Activity in the Community	
PE3.2.HS1.	Investigate activities that can be pursued in the local environment.	Fitness Centers and Equipment Participating in Sports

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PE3.3.	Physical Activity for a Lifetime	
PE3.3.HS1.	Evaluate risks and safety factors that might affect physical preferences throughout the life span.	Health-related Fitness Setting Healthy Goals First Aid Environmental Conditions and Safety Environmental Health Choosing Health Services Safe Weight Training Safe and Effective Stretching Common Sports Injuries and Prevention Treatment for Common Sports Injuries Mental Health Disorders Anxiety, Depression and Suicide Grieving and Loss Stress and Health Coping with Stress Responding to Violence and Abuse
PE3.4.	Engagement in Physical Activity	
PE3.4.HS1.	Participate regularly in physical activity outside of the school day.	Beginning An Exercise Program Lifetime Fitness Aging and Fitness Heredity and Genetics Exploring Exercises for Muscular Fitness Physical Activity and Flexibility Exploring Activities for Cardiorespiratory Fitness Team Sports Individual Sports

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Fitness		
PE3.5. Health-Related Fitness		
PE3.5.HS1a.	Adjust intensity to keep heart rate in the target zone, calculate recovery heart rate, and use technology to monitor cardiorespiratory endurance.	The Cardiovascular and Respiratory Systems Developing Cardiorespiratory Fitness Physical Activity and Cardiorespiratory Fitness
PE3.5.HS1b.	Use types of muscular strength and muscular endurance exercises (isometric, concentric, eccentric).	Muscular Strength and Endurance Developing Muscular Strength and Endurance
PE3.5.HS1c.	Use types of flexibility exercises (static, dynamic).	Factors Influencing Flexibility Physical Activity and Flexibility Safe and Effective Stretching
PE3.6. Training Principles		
PE3.6.HS1.	Explain training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) and how they relate to fitness planning.	Muscular Strength and Endurance Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness
PE3.7. Engagement in Fitness Activities		
PE3.7.HS1.	Participate regularly in self-selected fitness activities outside of school.	Fitness and Wellness Careers Team Sports Individual Sports

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Physical Activity and Fitness Planning		
PE3.8. Individual Plan		
PE3.8.HS1.	Design and implement a personal fitness and nutrition plan (assessment scores, goals for improvement, plan of activities for improvement, log of activities to reach goals, timeline for improvement).	Your Fitness Log Your Fitness Plan The Digestive and Urinary Systems Healthy Body Composition Determining and Controlling Body Composition Diets Body Image and Eating Disorders Food and Health Nutritional Needs Guidelines for Healthy Eating
PE4. Students will exhibit responsible personal and social behavior that respects self and others.		
PE4.1. Personal Responsibility		
PE4.1.HS1.	Demonstrate intrinsic motivation by selecting or planning opportunities to participate in physical activity inside and outside of school.	Activity Selection
PE4.2. Rules and Etiquette		
PE4.2.HS1.	Examine the importance of etiquette in athletics and elite sports.	Being a Good Sport Diversity in Sports
PE4.3. Working with Others		
PE4.3.HS1.	Solve problems and think critically when working with others in physical activity, both as an individual and in groups.	Decision Making Conflict Management Peer Pressure and Refusal Skills Making Consumer Choices Skills and Tactics

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PE4.4.	Safety	
PE4.4.HS1.	Demonstrate best practices for participating safely in physical activity and exercise.	Personal Care Safe Weight Training Safe and Effective Stretching Common Sports Injuries and Prevention Treatment for Common Sports Injuries The Endocrine and Reproductive Systems Adolescence Dating Relationships Pregnancy Abstinence and Contraceptives Risks of Sexually Transmitted Infections Common Sexually Transmitted Infections Understanding HIV and AIDS Living with HIV and AIDS
PE5.	Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	
PE5.1.	Challenge	
PE5.1.HS1.	Choose an appropriate level of challenge to experience success in a physical activity.	Activity Selection Making Wise Personal-Safety Decisions
PE5.2.	Self-Expression and Enjoyment	
PE5.2.HS1.	Participate in a self-selected physical activity for self-expression and enjoyment.	Activity Selection

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PE5.3.	Social Interaction	
PE5.3.HS1.	Identify opportunities for social interaction in a self-selected physical activity.	Communication Time Management Leadership Dealing with Consumer Issues Evaluating Mental and Emotional Health Managing Emotions Developing Positive Self Esteem Healthy Friendships Family Relationships Adulthood & Marriage