

Standard ID	Standard Text	Edgenuity Lesson Name
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.	Skills and Tactics Team Sports
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.	Skills and Tactics
PE2.3.	Movement Concepts	
PE2.3.HS1.	Assess critical elements and stages of learning a self-selected motor skill.	Integrated Movement Movement Stability & Range of Motion
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.	No Lesson
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	

Standard ID	Standard Text	Edgenuity Lesson Name
PE3.1.HS1.	Investigate relationship between physical activity, nutrition, and body composition.	Activity Selection Aging and Fitness Determining and Controlling Body Composition Food and Health Health-related Fitness Healthy Body Composition Physical Fitness Basics
PE3.2. Physical Activity in the Community		
PE3.2.HS1.	Investigate activities that can be pursued in the local environment.	Activity Selection
PE3.3. Physical Activity for a Lifetime		
PE3.3.HS1.	Evaluate risks and safety factors that might affect physical preferences throughout the life span.	Beginning An Exercise Program Being a Good Sport Common Sports Injuries and Prevention Environmental Conditions and Safety Exploring Activities for Cardiorespiratory Fitness Safe Weight Training Treatment for Common Sports Injuries
PE3.4. Engagement in Physical Activity		
PE3.4.HS1.	Participate regularly in physical activity outside of the school day.	Activity Selection Aging and Fitness Individual Sports Lifetime Fitness Team Sports
Fitness		
PE3.5. Health-Related Fitness		

Standard ID	Standard Text	Edgenuity Lesson Name
PE3.5.HS1a.	Adjust intensity to keep heart rate in the target zone, calculate recovery heart rate, and use technology to monitor cardiorespiratory endurance.	Aging and Fitness Cardiovascular Diseases Developing Cardiorespiratory Fitness Exploring Activities for Cardiorespiratory Fitness Health-related Fitness Physical Activity and Cardiorespiratory Fitness The Cardiovascular and Respiratory Systems
PE3.5.HS1b.	Use types of muscular strength and muscular endurance exercises (isometric, concentric, eccentric).	Aging and Fitness Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Health-related Fitness Muscular Strength and Endurance The Skeletal, Muscular, and Nervous Systems
PE3.5.HS1c.	Use types of flexibility exercises (static, dynamic).	Aging and Fitness Factors Influencing Flexibility Health-related Fitness 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.	Activity Selection Beginning An Exercise Program Determining and Controlling Body Composition Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Fitness Evaluation Safe Weight Training Your Fitness Plan

Standard ID	Standard Text	Edgenuity Lesson Name
PE3.7.	Engagement in Fitness Activities	
PE3.7.HS1.	Participate regularly in self-selected fitness activities outside of school.	Activity Selection Aging and Fitness Individual Sports Lifetime Fitness Team Sports
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).	Activity Selection Beginning An Exercise Program Determining and Controlling Body Composition Developing Muscular Strength and Endurance Diets Exploring Exercises for Muscular Fitness Fitness Evaluation Health-related Fitness Individual Sports Physical Activity and Cardiorespiratory Fitness Safe Weight Training Skill-related Fitness Team Sports Your Fitness Log Your Fitness Plan
PE4.	Students will exhibit responsible personal and social behavior that respects self and others.	
PE4.1.	Personal Responsibility	

Standard ID	Standard Text	Edgenuity Lesson Name
PE4.1.HS1.	Demonstrate intrinsic motivation by selecting or planning opportunities to participate in physical activity inside and outside of school.	Activity Selection Aging and Fitness Individual Sports Lifetime Fitness Team Sports
PE4.2.	Rules and Etiquette	
PE4.2.HS1.	Examine the importance of etiquette in athletics and elite sports.	Being a Good Sport Participating in Sports Team 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.	Activity Selection
PE4.4.	Safety	
PE4.4.HS1.	Demonstrate best practices for participating safely in physical activity and exercise.	Beginning An Exercise Program Being a Good Sport Common Sports Injuries and Prevention Environmental Conditions and Safety Exploring Activities for Cardiorespiratory Fitness Safe Weight Training Treatment for Common Sports Injuries
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 Being a Good Sport
PE5.2.	Self-Expression and Enjoyment	

Standard ID	Standard Text	Edgenuity Lesson Name
PE5.2.HS1.	Participate in a self-selected physical activity for self-expression and enjoyment.	Activity Selection Being a Good Sport Participating in Sports
PE5.3.	Social Interaction	
PE5.3.HS1.	Identify opportunities for social interaction in a self-selected physical activity.	Being a Good Sport Participating in Sports
WA.PE.HS2.	Physical Education (High School Year 2)	
PE1.	Students will demonstrate competency in a variety of motor skills and movement patterns.	
	Lifetime Activities	
PE1.1.	Games and Sports	
PE1.1.HS2.	Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target).	No Lesson
PE1.2.	Individual-Performance Activities	
PE1.2.HS2.	Refine activity-specific movement skills in two or more individual-performance activities.	Activity Selection Individual Sports
PE1.3.	Outdoor Pursuits	
PE1.3.HS2.	Refine activity-specific movement skills in two or more outdoor pursuits.	Activity Selection
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.HS2.	Create and apply multiple offensive and defensive strategies for game play.	Skills and Tactics Team Sports

Standard ID	Standard Text	Edgenuity Lesson Name
PE2.2.	Movement Performance	
PE2.2.HS2.	Use movement concepts to develop a plan to improve advanced performance skill in a self-selected skill.	Skills and Tactics
PE2.3.	Movement Concepts	
PE2.3.HS2.	Create plan to improve performance of a self-selected motor skill.	No Lesson
PE2.4.	Training Principles and Knowledge	
PE2.4.HS2.	Apply training principles and knowledge to two or more self-selected activities.	No Lesson
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.HS2.	Evaluate benefits of a physically active lifestyle as it relates to college or career productivity.	Aging and Fitness Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Factors Influencing Flexibility Muscular Strength and Endurance Physical Activity Benefits Physical Activity and Flexibility Physical Fitness Attitudes Safe and Effective Stretching
PE3.2.	Physical Activity in the Community	
PE3.2.HS2.	Evaluate (according to benefits, social support, and participation requirements) activities that can be pursued in the local environment.	Activity Selection Aging and Fitness Individual Sports Lifetime Fitness Team Sports

Standard ID	Standard Text	Edgenuity Lesson Name
PE3.3.	Physical Activity for a Lifetime	
PE3.3.HS2.	Evaluate barriers to physical activity throughout the life span and promote strategies to overcome them.	Activity Selection Beginning An Exercise Program Determining and Controlling Body Composition Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Fitness Evaluation Safe Weight Training Your Fitness Plan
PE3.4.	Engagement in Physical Activity	
PE3.4.HS2.	Create a plan, train for, and participate in a community event with a focus on physical activity.	No Lesson
	Fitness	
PE3.5.	Health-Related Fitness	
PE3.5.HS2a.	Analyze recovery heart rate in relationship to fitness level and overall health.	Fitness Evaluation
PE3.5.HS2b.	Analyze types of muscular strength, muscular endurance, and flexibility exercises for personal fitness development.	Aging and Fitness Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Factors Influencing Flexibility Health-related Fitness Muscular Strength and Endurance Physical Activity and Flexibility Safe and Effective Stretching The Skeletal, Muscular, and Nervous Systems
PE3.6.	Training Principles	

Standard ID	Standard Text	Edgenuity Lesson Name
PE3.6.HS2.	Use training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) to design a personal workout.	Your Fitness Plan
PE3.7.	Engagement in Fitness Activities	
PE3.7.HS2.	Participate regularly in a variety of self-selected fitness activities outside of school.	Activity Selection Aging and Fitness Individual Sports Lifetime Fitness Team Sports
	Physical Activity and Fitness Planning	
PE3.8.	Individual Plan	
PE3.8.HS2.	Design and implement a strength, conditioning, and nutrition plan that develops balance in opposing muscle groups (agonist and antagonist) and supports a healthy, active lifestyle to maintain or improve body composition.	Activity Selection Beginning An Exercise Program Body Image and Eating Disorders Determining and Controlling Body Composition Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Fitness Evaluation Nutritional Needs Safe Weight Training Your Fitness Plan
PE4.	Students will exhibit responsible personal and social behavior that respects self and others.	
PE4.1.	Personal Responsibility	
PE4.1.HS2.	Analyze barriers that prevent opportunities for physical activity inside and outside of school.	Beginning An Exercise Program
PE4.2.	Rules and Etiquette	

Standard ID	Standard Text	Edgenuity Lesson Name
PE4.2.HS2.	Examine moral and ethical conduct in specific competitive situations.	Being a Good Sport Participating in Sports Team Sports
PE4.3.	Working with Others	
PE4.3.HS2a.	Assume a leadership role in a physical activity setting.	Leadership
PE4.3.HS2b.	Describe the importance of treating individuals with dignity and respect during physical activity.	Being a Good Sport
PE4.4.	Safety	
PE4.4.HS2.	Apply best practices for participating safely in physical activity and exercise.	Activity Selection Beginning An Exercise Program
PE5.	Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	
PE5.1.	Challenge	
PE5.1.HS2.	Choose an appropriate level of challenge to experience success in a self-selected physical activity.	Activity Selection Being a Good Sport
PE5.2.	Self-Expression and Enjoyment	
PE5.2.HS2.	Participate in a self-selected physical activity for self-expression and enjoyment.	Activity Selection Being a Good Sport Participating in Sports
PE5.3.	Social Interaction	
PE5.3.HS2.	Evaluate opportunities for social interaction and social support in a self-selected physical activity.	Being a Good Sport Participating in Sports