

AMERICAN INTERNATIONAL
SCHOOL OF LAGOS

High School Physical Education Standards



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AI SL HS PHYSICAL EDUCATION ACADEMIC STANDARDS

PHYSICAL EDUCATION I

Standard I

The student will demonstrate competency in a variety of movement forms and proficiency in a few to gain competent towards lifetime physical activities.

- PE.1.1 Participate at a competent level in at least one team sport through small sided games or experiences while demonstrating conceptual knowledge of biomechanical, physiological and sports psychology principles.
- PE.1.2 Participate at a competent level in at least one individual or dual sport through small sided games or ex physiological concepts.
- PE.1.3 Participate at a competent level in at least one other movement form utilizing biomechanical, psychological and physiological concepts.
- PE.1.4 Engage in various duties as they pertain to games and sports such as but not limited to the sports education models.
- PE.1.5 Apply physiological and biomechanical principles related to exercise and training.

Standard 2

Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

- PE.2.1 Demonstrate knowledge of officiating, judging or refereeing concepts in three different activities.
- PE.2.2 Demonstrate competence in basic offensive and defensive strategies or tactics in traditional and non traditional team, individual and dual activities.
- PE.2.3 Apply rules, biomechanical principles, problem solving and concepts to traditional and non traditional movement settings.
- PE.2.4 Analyze and apply information and statistical data about personal and group performance to the improvement of personal fitness and game play such as fitness scores or statistics from game play to improve offensive and defensive skills.
- PE.2.5 Investigate positive and negative attitudes towards exercise and physical activity.
- PE.2.6 Identify the physical fitness requirements of an occupational choice.

Standard 3

The learner will exhibit a physically active life style.

- PE.3.1 Identify and utilize resources in the community that can be assessed to maintain regular physical activities.
- PE.3.2 Participate regularly in health enhancing and personally rewarding physical activities outside the physical class setting.

AISL HS PHYSICAL EDUCATION ACADEMIC STANDARDS

Standard 4

The learner will show evidence of an acceptable health related fitness and be familiar with factors that benefit performance.

- PE.4.1 Recognize and apply current safety techniques and best practices as related to fitness and nutrition.
- PE.4.2 Identify and evaluate the health related components of fitness.
- PE.4.3 Identify and evaluate the 6 related components of fitness.

Standard 5

Exhibit responsible, personal and social behavior that respects self and others at the same time as values physical activities for health, enjoyment, challenge, self-expression, and/or social interaction,

- PE.5.1 Demonstrate respect for individual differences in physical activity settings, utilizing character education and sportsmanship.
- PE.5.2 Develop group strategies and personal goals for including persons of diverse backgrounds and abilities in physical activities settings.
- PE.5.3 Demonstrate collaboration as a group and individually contribute to the group's success through a variety of non competitive duties.

AISL HIGH SCHOOL PHYSICAL EDUCATION SELF DEFENSE ACADEMIC STANDARDS

Standard 1: The student will demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

*Within the context of **Self Defense** students will:*

- SD1.1 Demonstrate the basic blocking, punching, striking and kicking techniques in karate martial arts.
- SD1.2 Demonstrate basic throwing and unbalancing techniques in Judo
- SD1.3 Demonstrate locks and demobilization techniques in aikido/Ju-jitsu.
- SD1.4 Demonstrate conceptual knowledge of biomechanical and physiological principles to the performance of skills used in self defense.
- SD1.5 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in self defense.

Standard 2: The student will demonstrate an understanding of movement concepts, principles and strategies that apply to the learning and performance of physical activities.

*Within the context of **Self Defense** students will:*

- SD2.1 Explain the importance of a proper and safe break fall in Judo
- SD2.2 Demonstrate competence in basic offensive and defensive strategies or tactics in combat activities.
- SD2.3 Demonstrate an understanding of the use of body evasion techniques.

Standard 3: The student will understand the benefits of a physically active life style.

*Within the context of **Self Defense** students will:*

- SD3.1 Acquire and demonstrate skill for safety during combative activities
- SD3.2 Participate in a variety of physical activity to develop strength, flexibility and endurance
- SD3.3 Monitor the effects of exercise on the way a body functions
- SD3.4 Analyze the physical fitness requirements of different styles of combat

Standard 4

The student exhibits respect in personal and social behavior.

*Within the context of **Self Defense** students will:*

- SD4.1 Explain and demonstrate an understanding for the principle “Choice of defense”
- SD4.2 Research and explain basic government laws regarding self - protection.
- SD4.3 Demonstrate collaboration as a group and individually contribute to the group’s success through a variety of combative activities
- SD4.4 Recognize the value and influence of different cultures on different combat forms.