

Use as a curriculum guide.

**1ST YEAR HIGH SCHOOL
PHYSICAL DEVELOPMENT CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors**

MOVEMENT AND SAFETY

- _____ Demonstrate skill competencies in a variety of leisure activities, individual/dual sports, team sports, creative movement patterns, and work-related activities.
- _____ Demonstrate mechanically correct movement during activities, games, or sports.
- _____ Demonstrate physiologically efficient movement during activities, games, or sports.
- _____ Choose proper application of skill during game play.
- _____ Combine knowledge of basic skills and strategies to participate successfully in each of the following categories: work related activities, leisure activities, creative movement activities, team sports, and individual/dual sports.
- _____ Analyze the effectiveness of a variety of skills based on the application of biomechanical principles and mechanically correct form (typically, moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base).
- _____ Demonstrate mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base) of a variety of manipulative skills within a game or performance setting.
- _____ Observe classmates or a self-video and evaluate a variety of skills based on the application of biomechanical principles (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base).
- _____ Identify effective use of selected biomechanical principles involved in the performance of skills, games, and/or rhythmic movements.
- _____ Apply safe practices, rules, and procedures in all physical activity settings.
- _____ List rules and procedures to enhance safety.
- _____ Apply offensive, defensive, and cooperative strategies during activities, games, or sports.
- _____ Apply rules during activities, games, or sports.
- _____ Demonstrate good sportsmanship.