

GRADES ELEVEN AND TWELVE:

Emphasis: Selecting Activities for the Pursuit of Individual Excellence

Background

Students at this level continue to specialize in activities of their own choosing. In addition, they can pursue excellence in the activities they choose, following a specific regimen and honing specific skills. They are able to develop a personalized plan for lifetime fitness by assessing personal needs, interests, abilities, and opportunities in the area of fitness and by selecting activities that contribute to the achievement of personal fitness goals. They can also focus on combatives; outdoor education; aquatics; team sports and individual and dual sports of choice; tumbling; gymnastics; and dance. They can apply knowledge, skills, and attitudes acquired in physical education experiences from kindergarten through grade twelve to become proficient in one or more activities that lead to achieving personal goals for lifetime fitness. Schools should be encouraged to be creative in developing their physical education electives for these grade levels.

Movement Skills and Movement Knowledge

By the eleventh and twelfth grades, students are prepared to focus on the activities they plan to pursue after graduation from high school. They are able to explain why an individual's pursuit of excellence in any arena is an evolving process requiring commitment, courage, confidence, initiative, and perseverance. They have learned that self-expression through physical activity is of great value in developing and maintaining the healthy mind and body needed to excel in life. Students should be encouraged to select a variety of activities that correspond to their personal needs, interests, and capacities. They should also be encouraged to reassess their changing needs and interests continually as they grow and mature. Students should be encouraged to select activities in which they will continue to specialize. Therefore, the biomechanical principles they study should be directly related to the activities they select. The students should also be encouraged to apply their knowledge of exercise physiology in planning and pursuing life-styles conducive to maintaining optimum health.

Self-Image and Personal Development

The senior high school student is at a stage where he or she can develop an increased interest in selecting activities in accordance with personal body type and capacities. By the eleventh grade students should have learned to evaluate personal performance in a variety of activities. They should be given the opportunity for self-direction in the selection of activities that can be enjoyed for health and fitness throughout life. Having selected activities for specialization, the student should have the motivation to learn. Students should be aware that the learning process takes them through three stages of learning (see "Grade Ten") and should understand that they must repeat and practice skills in a variety of ways in order to achieve excellence. They should also know how to measure their performance at different stages to maintain their motivation and adjust their goals for future training. By the eleventh and twelfth grades, students are prepared to focus on the activities they plan to pursue for recreation or a career after graduation from high school. Elective units in a wide range of activities should last for a sufficient period of time. Students who complete these classes should be well prepared to continue the activity on their own.

An individual's pursuit of excellence in any arena is an evolving process requiring commitment, courage, confidence, initiative, and perseverance.

Social Development

Students should be encouraged to work in small groups to provide one another with specific positive/corrective feedback so that individual excellence can be achieved. They should apply social skills acquired in physical education activities in preschool through grade twelve to enhance their own experience and the experience of others with whom they are involved in physical and social activities. They should also be encouraged to support and participate in community organizations that promote health and fitness by providing lifelong recreational opportunities for people of all ages.

Sample Expectations

The student will be able to:

Grade eleven:

- Use the principles of movement to accomplish a task with the least effort.
- Demonstrate some mastery of skills in games, sports, and dances and participate in intramural programs.
- Comprehend the correct elements of various movements, strategies, safety procedures, and basic rules.
- Show evidence of developing and maintaining physical fitness to achieve the goal of a healthy life-style.
- Show evidence of a positive self-image.
- Share in the responsibility of group action and problem solving as a member of a group or team.

Grade twelve:

- Excel and continue in an activity of choice, such as a sport, dance, gymnastics, or aquatics.
- Demonstrate advanced competence in at least one activity from the curriculum.
- Be able to design and execute a physical fitness program, recognizing that changes in life-style may progress over time from vigorous activities to mild exercise, including walking.
- Accept the ways in which personal characteristics, performance styles, and activity preferences will change over the life cycle.
- Know about career opportunities in physical education and related fields.
- Evaluate critically the claims made in advertisements about commercial products and programs.