

EXPECTED STUDENT OUTCOMES
GRADES 9-12

9TH Grade Physical Education & Health:

A minimum of 80% of all students completing the ninth grade will score at or above a level considered competent on class fitness testing.

A minimum of 90% of all students completing the ninth grade will score at or above 80% on a written evaluation covering basic rules, skills, strategies, and safety in the sports of flag football, volleyball, basketball, and soccer.

All students completing the ninth grade will develop a short term and long term goal planning project.

All students completing the ninth grade will develop a long term fitness plan which will show a proper knowledge of diet, nutrition and exercise principles.

A minimum of 90% of all students completing the ninth grade will score at or above 80% on a written exercise matching the effects of tobacco, alcohol and various illegal drugs on the human body.

A minimum of 90% of all students completing the ninth grade will score at or above 80% on a written exercise matching the effect of different variables on the physical, emotional and social person.

All students completing the ninth grade will have participated in an activity as a member of a team.

All students completing the ninth grade will have been the leader of a team activity.

All students completing the ninth grade will be able to correctly utilize all strength and fitness equipment in the York High School weight room.

All students completing the ninth grade will demonstrate the ability to perform physical education and health research on the internet.

All students completing the ninth grade will demonstrate proficiency in CPR to the level that they receive the American Red Cross CPR live saver card.

All students completing the ninth grade will demonstrate three water safety rules to prevent accidental drowning.

All students completing the ninth grade will demonstrate three personal safety rules to prevent being a victim of violence or disease.

All students completing the ninth grade will demonstrate three first aid techniques designed to prevent further injury to a sick or injured person.

All students completing the ninth grade will have demonstrated respect for someone from a different background and have the action documented by a teacher.

All students completing the ninth grade will perform an act of sportsmanship and have the action documented by a teacher.



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Individual Skills Class
(Grades 10-12)

A minimum of 90% of all students completing the individual skills class will score at or above 80% on a written evaluation covering basic rules, skills, strategies, safety, and etiquette in the sports of badminton, archery, bowling, tennis and golf.

A minimum of 80% of all students completing the individual skills class will score at or above a level considered competent in skills testing in the sports of badminton, archery, bowling, tennis and golf.

All students completing the individual skills class will be able to participate in a game/match of badminton, archery, bowling, tennis, and bowling.

All students completing the individual skills class will be able to participate effectively in various board games and card games.

All students completing the individual skills class will participate in Tae-kwon-do self defense activities.

All students completing the individual skills class will participate in various dance activities.

All students completing the individual skills class will demonstrate self-expression by performing a Tae-kwon-do OR dance routine.

All students completing the individual skills class will perform an act of sportsmanship and have the action documented by a teacher.

All students completing the individual skills class will have demonstrated respect for someone from a different background and have the action documented by a teacher.



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Team Skills Class
(Grades 10-12)

All students completing the team skills class will have participated in an activity as a member of a team.

All students completing the team skills class will have been the leader of a team activity.

All students completing the team skills class will perform an act of sportsmanship and have the action documented by a teacher.

All students completing the team skills class will have demonstrated respect for someone from a different background and have the action documented by a teacher.

A minimum of 90% of all students completing the team skills class will score at or above 80% on a written evaluation covering basic rules, skills, strategies, and safety in the sports of flag football, volleyball, basketball, softball, soccer and various mass games.

A minimum of 80% of all students completing the team skills class will score at or above a level considered competent in skills testing in the sports of flag football, volleyball, basketball, softball, soccer and various mass games.

Strength and Conditioning Class **(Grades 10-12)**

All students completing the strength and conditioning class will be able to correctly utilize all strength and fitness equipment in the York High School weight room.

All students completing the strength and conditioning class will be able to correctly follow all safety rules pertaining to strength and conditioning

All students completing the strength and conditioning class will score at or above 80% on a written evaluation covering the major muscles of the body, the function of each muscle and describe an exercise that will strengthen each muscle.

All students completing the strength and conditioning class will develop short term and long term goals regarding their personal fitness.

All students completing the strength and conditioning class will develop a long term individualized strength and conditioning plan which will show a proper knowledge of diet, nutrition and exercise principles.

A minimum of 90% of all students completing the strength and conditioning class will score at or above a level considered competent on final class fitness testing.

All students completing the strength and conditioning class will improve their strength and fitness testing performances over the course of the semester.

All students completing the strength and conditioning class will have demonstrated respect for someone from a different background and have the action documented by a teacher.