

Welcome to  
**Physical  
 Education  
 20 & 30**

**Physical  
 Fitness**

*Achieve* an acceptable level of *physical fitness*

*Maintain* an acceptable level of *physical fitness*

**Basic Movement Patterns**  
 (BMP's)  
 Sending  
 Receiving  
 Landings  
 Accompanying  
 Locomotions  
 Springs  
 Swings  
 Rotations  
 Statics  
 Evading

**Activity  
 Areas**

Aquatics  
 5%

Developmental Games & Sports  
 25%  
 (10% team - 15% indiv)

Educational Gymnastics  
 10%

Fitness  
 10%

Outdoor Pursuits  
 15%

Dance  
 15%

Flexible  
 25%

**Personal-  
 Cultural**

**Affective & Social Skills**  
 (Hellison's Levels)  
 Level 1:  
 Uncontrolled  
 Level 2:  
 Self-controlled  
 Level 3:  
 Involvement  
 Level 4:  
 Self-Responsibility  
 Level 5:  
 Caring  
 Level 6:  
 Responsible Leadership

**Cultural Awareness**  
 Cultural Games

5% = 5 - 60 min. classes or 10 - 30 min classes