



California Pacific Charter Schools • Community Collaborative Charter Schools

## **Physical Education State Standards**

Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

1.1 Participate in physical fitness plan which meets the requirements of at least 4 fitness standards for each quarter.

1.2 Participate in moderate to vigorous physical activity at least 180/200 minutes every five days.

1.3 Participate in enjoyable and challenging physical activities that develop and maintain the cool down components of physical fitness.

1.4 Improve and maintain physical fitness by adjusting physical activity levels.

1.5 Develop and evaluate a quarter-long, Personal Physical Fitness Plan at the beginning and end of each quarter to make adjustments as needed to meet goals. Students demonstrate knowledge of psychological/sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

2.1 Accept personal responsibility to create and maintain a physically and emotionally safe, non-threatening environment for physical activity.

2.2 Act independently of negative peer pressure during physical activity.

2.3 Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.

2.4 Develop personal goals to improve one's physical performance in physical activities. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

3.1 Evaluate independent learning of movement skills.

## PE LOG (High School)

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		Name _____		Grade _____	Learning Period _____		Dates _____
Week	Date	Describe details of your activity		Minutes Spent	Standard Area (Circle as many as needed)	Standards Practiced	Total Weekly Minutes
					Aquatics      Dance & Rhythm/Movement	1.1   1.2   1.3	
					Physical Fitness    Combatives	1.4   1.5	
1					Games & Sports    Outdoor Education	2.1   2.2   2.3   2.4	
					Gymnastics      Substance Awareness/Health	3.1	
					Aquatics      Dance & Rhythm/Movement	1.1   1.2   1.3	
					Physical Fitness    Combatives	1.4   1.5	
2					Games & Sports    Outdoor Education	2.1   2.2   2.3   2.4	
					Gymnastics      Substance Awareness/Health	3.1	
					Aquatics      Dance & Rhythm/Movement	1.1   1.2   1.3	
					Physical Fitness    Combatives	1.4   1.5	
3					Games & Sports    Outdoor Education	2.1   2.2   2.3   2.4	
					Gymnastics      Substance Awareness/Health	3.1	
					Aquatics      Dance & Rhythm/Movement	1.1   1.2   1.3	
					Physical Fitness    Combatives	1.4   1.5	
4					Games & Sports    Outdoor Education	2.1   2.2   2.3   2.4	
					Gymnastics      Substance Awareness/Health	3.1	
					Aquatics      Dance & Rhythm/Movement	1.1   1.2   1.3	
					Physical Fitness    Combatives	1.4   1.5	
5					Games & Sports    Outdoor Education	2.1   2.2   2.3   2.4	
					Gymnastics      Substance Awareness/Health	3.1	
						<b>Total Minutes</b>	