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Grade Level	Standard	Grade Level Outcome	Level	Code
9-12	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	H1. Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games	1	S1.H1.L1
9-12	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	H3. Demonstrates competency in one or more specialized skills in health-related fitness activities.	1	S1.H3.L1
9-12	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	H1. Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games)	2	S1.H1.L2
9-12	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	H3. Demonstrates competency in two or more specialized skills in health-related fitness activities.	2	S1.H3.L2
9-12	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	H1. Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately.	1	S2.H1.L1
9-12	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	H2. Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.	1	S2.H2.L1
9-12	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	H3. Creates a practice plan to improve performance for a self-selected skill.	1	S2.H3.L1
9-12	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	H2. Describes the speed/accuracy trade-off in throwing and striking skills.	2	S2.H2.L2
9-12	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	H3. Identifies the stages of learning a motor skill.	2	S2.H3.L2
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H1. Discusses the benefits of a physically active lifestyle as it relates to college/career productivity.	1	S3.H1.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H2. Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle.	1	S3.H2.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H3. Identifies issues associated with exercising in heat, humidity and cold.	1	S3.H3.L1

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9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H4. Evaluates — according to their benefits, social support network and participation requirements — activities that can be pursued in the local environment.	1	S3.H4.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H5. Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle.	1	S3.H5.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H6. Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day.	1	S3.H6.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H11. Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings.	1	S3.H11.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H12. Designs a fitness program, including all components of health-related fitness, for a college student and an employee in the learner's chosen field of work.	1	S3.H12.L1
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H1. Investigates the relationships among physical activity, nutrition and body composition.	2	S3.H1.L2
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H6. Analyzes the impact of life choices, economics, motivation and accessibility on exercise adherence and participation in physical activity in college or career settings.	2	S3.H5.L2
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H11. Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).	2	S3.H11.L2
9-12	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	H12. Analyzes the components of skill-related fitness in relation to life and career goals, and designs an appropriate fitness program for those goals.	2	S3.H12.L2
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H1. Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. <sup>47</sup>	1	S4.H1.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H2. Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.	1	S4.H2.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H3. Uses communication skills and strategies that promote team/ group dynamics.	1	S4.H3.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H4. Solves problems and thinks critically in physical activity and/ or dance settings, both as an individual and in groups.	1	S4.H4.L1

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9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H5. Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection).	1	S4.H5.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H1. Analyzes the health benefits of a self-selected physical activity.	1	S5.H1.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H3. Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment.	1	S5.H3.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H4. Identifies the opportunity for social support in a self-selected physical activity or dance.	1	S5.H4.L1
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H1. Accepts differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media.	2	S4.H1.L2
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H2. Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport).	2	S4.H2.L2
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H3. Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting.	2	S4.H3.L2
9-12	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	H4. Accepts others' ideas, cultural diversity and body types by engaging in cooperative and collaborative movement projects.	2	S4.H4.L2
9-12	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	H2. Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.(	2	S5.H2.L2
9-12	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	H4. Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance.	2	S5.H4.L2
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M2. Throws a mature pattern for distance or power-appropriate to the activity during small-sided game play.	NA	S1.M2.8
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M4. Passes and receives with an implement in combination with locomotor patterns of running and change or direction, speed and/or level with competency in invasion games such as lacrosse or hockey (floor, field, ice).	NA	S1.M4.8
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M12. Throws a lead pass to a moving partner off a dribble or pass. (S1.M5.8), Executes consistently (at least 70% of the time) a legal underhand serve for distance and accuracy for net/wall games such as badminton, volleyball or pickleball.	NA	S1.M12.8

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8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M13. Strikes with a mature overhand pattern in a modified game for net/wall games such as volleyball, handball, badminton or tennis.	NA	S1.M13.8
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M14. Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball.	NA	S1.M14.8
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M16. Forehand- and backhand-volleys with a mature form and control using a short-handled implement during modified game play.	NA	S1.M16.8
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M19. Strikes, with an implement, a stationary object for accuracy and power in activities such as croquet, shuffleboard or golf.	NA	S1. M19.8
8	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	M22. Demonstrates correct technique for basic skills in at least 2 self-selected outdoor activities.	NA	S1.M22.8
8	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	M9. Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.	NA	S2.M9.8
8	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	M12. Describes and applies mechanical advantage(s) for a variety of movement patterns.	NA	S2.M12.8
8	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	M13. Implements safe protocols in self-selected outdoor activities.	NA	S2.M13.8
8	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	M5. Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day.	NA	S3.M5.8
8	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	M7. Compares and contrasts health-related fitness components.	NA	S3.M7.8
8	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	M10. Describes the role of flexibility in injury prevention.	NA	S3.M10.8
8	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	M12. Designs and implements a warm-up/ cool-down regimen for a self-selected physical activity.	NA	S3.M12.8
8	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	M13. Defines how the RPE Scale can be used to adjust workout intensity during physical activity.	NA	S3.M13.8
8	S3. The physically literate individual demonstrates the knowledge and skills to	M14. Explains how body systems interact with one another (e.g., blood transports nutrients from	NA	S3.M14.8

THE ULTIMATE ANYWHERE GAME

**PADDLEZLAM**

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	achieve and maintain a health-enhancing level of physical activity and fitness,	the digestive system, oxygen from the respiratory system) during physical activity.		
8	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	M2. Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.	NA	S4.M2.8
8	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	M3. Provides encouragement and feedback to peers without prompting from the teacher.	NA	S4.M3.8
8	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	M4. Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.	NA	S4.M4.8
8	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	M6. Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.	NA	S4.M6.8
8	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	M7. Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.	NA	S4.M7.8
8	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	M2. Analyzes the empowering consequences of being physical active.	NA	S5.M2.8
8	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	M4. Discusses how enjoyment could be increased in self-selected physical activities.	NA	S5.M4.8
8	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	M6. Demonstrates respect for self by asking for help and helping others in various physical activities.	NA	S5.M6.8
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E1. Demonstrates mature patterns of locomotor skills in dynamic small-sided practice tasks, gymnastics and dance.	NA	S1.E1.5a
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E1. Combines locomotor and manipulative skills in a variety of small-sided practice tasks in game environments.	NA	S1.E1.5b
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E10. Performs curling, twisting and stretching actions with correct application in dance, gymnastics and small-sided practice tasks/games environments.	NA	S1.E10.5
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E13. Throws (underhand and overarm) using a mature pattern in non-dynamic environments, with different sizes and types of objects.	NA	S1.E13.5a
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E13. Throws (both underhand and overarm) to a large target with accuracy.	NA	S1.E13.5b

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5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E15. Throws with reasonable accuracy in dynamic, small-sided practice tasks.	NA	S1.E15.5b
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E16. Catches with reasonable accuracy in dynamic, small-sided practice tasks.	NA	S1.E16.5c
5	S1.The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	E24. Strikes an object consecutively, with a partner, using a short-handled implement, over a net or against a wall, in either a competitive or cooperative game environment.	NA	S1.E24.5
5	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	E1. Combines spatial concepts with locomotor movements for small groups in gymnastics, dance and games environments.	NA	S2.E1.5
5	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	E2. Combines movement concepts with skills in small-sided practice tasks/games environments, gymnastics and dance with self-direction.	NA	S2.E2.5
5	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	E3. Applies movement concepts to strategy in game situations.	NA	S2.E3.5a
5	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	E3. Analyzes movement situations and applies movement concepts (e.g., force, direction, speed, pathways, extensions) in small-sided practice task/game environments, dance and gymnastics.	NA	S2.E3.5c
5	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	E5. Applies basic offensive and defensive strategies/ tactics in net/wall small-sided practice tasks.	NA	S2.E5.5b
5	S2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	E5. Recognizes the type of throw, volley or striking action needed for different games/sports situations.	NA	S2.E5.5c
5	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	E1. Charts and analyzes physical activity outside physical education class for fitness benefits of activities.	NA	S3.E1.5
5	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	E3. Differentiates between skill-related and health-related fitness.	NA	S3.E3.5
5	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	E4. Identifies the need for warm-up & cool-down relative to various physical activities.	NA	S3.E4.5
5	S3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness,	E5. Designs a fitness plan to address ways to use physical activity to enhance fitness.	NA	S3.E5.5b

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5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E1. Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher, student to referee).	NA	S4.E1.5
5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E2. Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities.	NA	S4.E2.5a
5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E2. Exhibits respect for self with appropriate behavior while engaging in physical activity.	NA	S4.E2.5b
5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E3. Gives corrective feedback respectfully to peers.	NA	S4.E3.5
5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E4. Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects.	NA	S4.E4.5
5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E5. Critiques the etiquette involved in rules of various game activities.	NA	S4.E5.5
5	S4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	E6. Applies safety principles with age-appropriate physical activities.	NA	S4.E6.5
5	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	E1. Compares the health benefits of participating in selected physical activities.	NA	S5.E1.5
5	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	E3. Analyzes different physical activities for enjoyment and challenge, identifying reasons for a positive or negative response.	NA	S5.E3.5
5	S5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	E4. Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport).	NA	S5.E4.5