

- (B) apply the rules and strategies of the selected lifetime recreation and outdoor pursuits;
and

Breakouts

- (i) apply the rules of the selected lifetime recreation
- (ii) apply the rules of the selected outdoor pursuits
- (iii) apply the strategies of the selected lifetime recreation
- (iv) apply the strategies of the selected outdoor pursuits

- (C) design a conditioning program for the selected lifetime recreation and outdoor pursuits.

Breakouts

- (i) design a conditioning program for the selected lifetime recreation
- (ii) design a conditioning program for the selected outdoor pursuits

- (2) Performance strategies. The physically literate student applies movement concepts and principles to the learning, development, and execution of motor skills applicable to the selected lifetime recreational and outdoor pursuits. The student is expected to:

- (A) modify movement during performance using appropriate internal and external feedback; and

Breakouts

- (i) modify movement during performance using appropriate internal feedback
- (ii) modify movement during performance using appropriate external feedback

- (B) identify critical elements for a successful performance during a specific activity.

Breakouts

- (i) identify critical elements for a successful performance during a specific activity

- (3) Health, physical activity, and fitness. The physically literate student exhibits a physically active lifestyle that improve

- (A) participate in lifetime recreational and outdoor pursuits that provide for enjoyment and challenge;

Breakouts

- (i) participate in lifetime recreational pursuits that provide for enjoyment
- (ii) participate in lifetime recreational pursuits that provide for challenge
- (iii) participate in outdoor pursuits that provide for enjoyment
- (iv) participate in outdoor pursuits that provide for challenge

- (B) describe training principles for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance;

Breakouts

- (i) describe training principles for enhancing flexibility
- (ii) describe training principles for enhancing muscular strength
- (iii) describe training principles for enhancing muscular endurance
- (iv) describe training principles for enhancing cardiorespiratory endurance

- (C) establish realistic and challenging health-related fitness goals;

Breakouts

- (i) establish realistic health-related fitness goal

- (v) use appropriate technology tools to monitor health-related fitness
- (vi) use appropriate technology tools to improve health-related fitness

(E) analyze health and fitness benefits derived from participation in lifetime recreational and outdoor pursuits; and

Breakouts

- (i) analyze health benefits derived from participation in lifetime recreational pursuits
- (ii) analyze health benefits derived from participation in outdoor pursuits
- (iii) analyze fitness benefits derived from participation in lifetime recreational pursuits
- (iv) analyze fitness benefits derived from participation in outdoor pursuits

(F) design and participate in a personal health-related fitness program that has the potential to meet identified activity goals.

Breakouts

- (i) design a personal health-related fitness program that has the potential to meet identified activity goals
- (ii) participate in a personal health-related fitness program that has the potential to meet identified activity goals

(4) Social and emotional health. The physically literate student articulates the benefit .2 (h)2.59 (o 9dCID1((s)-1

- (ii) describe how sleep is essential to optimal recovery

- (E) analyze the advantages and disadvantages of lifetime recreation and outdoor pursuits and their effects on personal fitness;

Breakouts

- (i) analyze the advantages of lifetime recreation
- (ii) analyze the advantages of outdoor pursuits
- (iii) analyze the disadvantages of lifetime recreation
- (iv) analyze the disadvantages of outdoor pursuits
- (v) analyze [the] effects of lifetime recreation on personal fitness
- (vi) analyze [the] effects of outdoor pursuits on personal fitness

- (F) provide evidence of developing and maintaining health-related fitness; and

Breakouts

- (i) provide evidence of developing health-related fitness
- (ii) provide evidence of maintaining health-related fitness

- (G) design safe practices and procedures to improve skill during an activity.

Breakouts

- (i) design safe practices to improve skill during an activity
- (ii) design safe procedures to improve skill during an activity