

HIGH ROPES

Grade 5	<p>Physical and Health Education Stability Skills: perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed</p> <p>Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity</p> <p>Living Skills: incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness</p>
Grade 6	<p>Physical and Health Education Locomotion/Traveling Skills: perform a combination of locomotion/traveling skills using equipment</p> <p>Physical Fitness: improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p> <p>Science and Technology Motion: Understanding Basic Concepts: demonstrate awareness that friction transforms kinetic energy into heat energy</p>
Grade 7	<p>Physical and Health Education Stability Skills balance while moving from one static position to another on the floor and on equipment</p> <p>Physical Fitness: improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
Grade 8	<p>Physical and Health Education Locomotion/Traveling Skills: apply locomotion/traveling, manipulation, and stability skills in combination and in sequence in specific physical activities</p> <p>Physical Fitness: improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity; Living Skills: apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p>
Grade 9	<p>Physical Health and Education Movement Skills and Principles: use and combine movement skills in a variety of physical activities</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating</p>

	in vigorous physical activities for sustained periods of time
Grade 10	<p>Physical Health and Education</p> <p>Movement Skills and Principles: demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 11	<p>Physical Health and Education</p> <p>Movement Skills: demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
Grade 12	<p>Physical Health and Education</p> <p>Movement Skills: develop and combine their movement skills in a variety of physical activities</p> <p>Physical Fitness: maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>