



2.2 Integrated Skills: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
2.5 Motor Skill Development: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
2.6 Fitness: All students will apply health-related fitness concepts to develop and maintain a healthy, active lifestyle.
DEVELOPING: <i>Students can participate in deliberate practice tasks that will lead to skill and knowledge acquisition.</i>
APPLYING: <i>Students can demonstrate the critical elements of the motor skills/knowledge components in an applied setting.</i>
INTEGRATING: <i>Students can demonstrate the critical elements of the motor skills/knowledge components to promote a healthy, active lifestyle.</i>