

- PS 1 Students will participate in specialized skills that will promote health-related fitness. ([Standard ILA.1.3](#))
- PS 2 Students will demonstrate proficiency in one or more specialized skills that will promote health-related fitness. ([Standard ILA.1.4](#))
- PS 3 Students will state skill-specific cues for a variety of physical activities. ([Standard ILA.2.3](#))
- PS 4 Students will identify and discuss the historical and cultural roles of games, sports, and dance in society. ([Standard ILA.2.9](#))
- PS 5 Students will evaluate activities that can be pursued in the local environment according to their benefits, social support network and participation requirements. ([Standard ILA.3.4](#))
- PS 6 Students will identify visualization techniques used to improve performance. ([Standard ILA.3.7](#))
- PS 7 Students will list the benefits of activity and proper nutrition and the consequences of inactivity and poor nutritional choice. ([Standard ILA.3.14](#))
- PS 8 Students will apply stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, and meditation).. ([Standard ILA.3.18](#))
- PS 9 Students will accept differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media. ([Standard ILA.4.1](#))
- PS 10 Students will accept others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects. ([Standard ILA.4.11](#))
- PS 11 Students will analyze the mental, social, and psychological health benefits of a self-selected physical activity. ([Standard ILA.5.1](#))
- PS 12 Students will choose an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. ([Standard ILA.5.2](#))

PS 13 Students will participate in lifetime activities that are personally relevant.
([Standard ILA.5.4](#))