

## **2015 Fall Outing Standards Alignment**

**Activities at the 2015 Fall Outing are aligned with the following Nebraska Academic Standards. The standards are based upon those listed on the Nebraska Department of Education website on 01/22/14. <http://www.education.ne.gov>**

### **COUNSELING**

#### **SKILLS FOR LEARNING**

**Students will acquire attributes knowledge and skills that contribute to effective learning in school and across the lifespan.**

#### **SKILLS FOR LIVING**

**Students will acquire the knowledge attributes and interpersonal skills to help them understand and respect self and others. Students will make decisions, set goals and take necessary action to achieve goals. Students will understand safety and survival skills.**

### **PHYSICAL EDUCATION**

**Strand 1: SKILLS Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. Essential Learning 12.1.1 Demonstrate competency in basic and advanced skills and tactics in at least one activity from each of three of the following categories: aquatics, dance, fitness activities, individual/dual sports, outdoor pursuits, self-defense, and team sports.**

**Strand 2: KNOWLEDGE Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. Essential Learnings 12.2.1 Apply concepts and principles of human movement to the development of motor skills and the learning of new skills. 12.2.2 Analyze movement forms and apply proper strategies and tactics to a variety of physical activities 12.2.3 Apply scientific and medical knowledge to aspects of exercise and injury prevention.**

**Strand 3: ACTIVE LIFESTYLE Participates regularly in physical activity. Essential Learning 12.3.1 Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle. 27**

**Strand 4: FITNESS Achieves and maintains a health-enhancing level of physical fitness. Essential Learnings 12.4.1 Demonstrate the skill and knowledge to create a fitness program based on personal needs 12.4.2 Achieve desired levels of health-related fitness.**

**Strand 5: RESPONSIBLE BEHAVIOR Exhibits responsible personal and social behavior that respects self and others in physical activity settings. Essential Learnings 12.5.1 Initiate responsible behavior, function independently and responsibly, and positively influence the behavior of others 12.5.2 Develop and implement strategies in physical activity to promote inclusion of people of varying abilities and diverse cultural backgrounds.**

**Strand 6: AWARENESS Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction. Essential Learnings: 12.6.1 Justify why participation in physical activity can be enjoyable and desirable. 12.6.2 Pursue lifetime physical activities that meet individual needs. 12.6.3 Investigate opportunities for employment related to physical activity.**