

HOW ROCK CLIMBING RELATES TO NATIONAL STANDARDS AND GRADE-LEVEL OUTCOMES FOR K-12 PHYSICAL EDUCATION

STANDARD: 1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Elementary
 - Nonlocomotor (Stability, Balance, Weight Transfer): S1.E7, S1.E8, S1.E10
- Middle School
 - Outdoor Pursuits: S1.M22
 - Individual Performance Activities: S1.M24
- High School
 - Lifetime Activities: S1.H1
 - Fitness Activities: S1.H3

STANDARD: 2 The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- Elementary
 - Movement Concepts (Space, Pathways, Shapes, Levels): S2.E1, S2.E2
- Middle School
 - Outdoor Pursuits: S1.M13
- High School
 - Movement Concepts, Principles & Knowledge: S2.H1, S2.H3

STANDARD: 3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- Elementary
 - Physical Activity Knowledge: S3.E1
 - Engages in Physical Activity: S3.E2
 - Fitness Knowledge: S3.E3, S3.E4
 - Assessment & Program Planning: S3.E5
- Middle School
 - Physical Activity Knowledge: S3.M1
 - Engages in Physical Activity: S3.M2, S3.M3, S3.M4, S3.M5
 - Fitness Knowledge: S3.M6, S3.M7, S3.M8, S3.M9, S3.M10, S3.M12
 - Assessment & Program Planning: S3.M15, S3.M16
- High School
 - Physical Activity Knowledge: S3.H1, S3.H2, S3.H3, S3.H4, S3.H5
 - Engages in Physical Activity: S3.H6
 - Fitness Knowledge: S3.H7, S3.H8, S3.H9, S3.H10
 - Assessment & Program Planning: S3.H11, S3.H12

STANDARD: 4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- Elementary
 - Personal Responsibility: S4.E1, S4.E2
 - Accepting Feedback: S4.E3
 - Working with Others: S4.E4
 - Rules & Etiquette: S4.E5
 - Safety: S4.E6
- Middle School
 - Personal Responsibility: S4.M1, S4.M2
 - Accepting Feedback: S4.M3
 - Working with Others: S4.M4, S4.M5
 - Rules & Etiquette: S4.M6
 - Safety: S4.M7

- High School
 - o Personal Responsibility: S4.H1
 - o Rules & Etiquette: S4.H2
 - o Working with Others: S4.H3, S4.H4
 - o Safety: S4.H5

STANDARD: 5 The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- Elementary
 - o Health: S5.E1
 - o Challenge: S5.E2
 - o Self-expression & Enjoyment: S5.E3
 - o Social Interaction: S5.E4
- Middle School
 - o Health: S5.M1, S5.M2
 - o Challenge: S5.M3
 - o Self-expression & Enjoyment: S5.M4, S5.M5
 - o Social Interaction: S5.M6
- High School
 - o Health: S5.H1
 - o Challenge: S5.H2
 - o Self-Expression & Enjoyment: S5.H3
 - o Social Interaction: S5.H4