

## **High School Weights and Conditioning**

### Standard Description

- The student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- The student demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- The student participates regularly in physical activity.
- The student achieves and maintains a health-enhancing level of physical fitness.
- The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.