



# GENERAL PHYSICAL EDUCATION I-IV



General Physical Education I 36.01100  
General Physical Education II 36.01200  
General Physical Education III 36.01300  
General Physical Education IV 36.01400

### **36.01100**

#### **General Physical Education I**

**Course Description:** Focuses on any combination or variety of team sports, lifetime sports, track and field events, aquatics/water sports, outdoor education experiences, rhythmic/dance, recreational games, gymnastics, and self-defense; and provides basic methods to attain a healthy and active lifestyle.

### **36.01200**

#### **General Physical Education II**

**Course Description:** Enhances level-one skills in any different combination or variety of team sports, lifetime sports, track and field events, aquatics/water sports, outdoor education experiences, rhythmic/dance, recreational games, gymnastics, and self-defense; and further promotes methods to attain a healthy and active lifestyle.

### **36.01300**

#### **General Physical Education III**

**Course Description:** Enhances level-two skills in any different combination or variety of team sports, lifetime sports, track and field events, aquatics/water sports, outdoor education experiences, rhythmic/dance, recreational games, gymnastics, and self-defense; and further promotes methods to attain a healthy and active lifestyle.

### **36.01400**

#### **General Physical Education IV**

**Course Description:** Enhances level-three skills in any different combination or variety of team sports, lifetime sports, track and field events, aquatics/water sports, outdoor education experiences, rhythmic/dance, recreational games, gymnastics, and self-defense; and further promotes methods to attain a healthy and active lifestyle.

*The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.*

## **Motor Skills and Movement Patterns**

**PEGPE.1 The physically educated student demonstrates competency in a variety motor skills and movement patterns.**

- a. Demonstrates competence while performing skills in a variety of settings or activities, including sport, rhythms, and other lifetime and recreational activities.
- b. Demonstrates the proper warm-up and cool-down protocol associated with different physical activities.

## **Movement Concepts and Principles**

**PEGPE.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

- a. Integrates a variety of strategies, tactics, concepts, and skills during sports and activities.
- b. Creates a sequence of movements (dance, gymnastics, sports, etc.) that transition and flow smoothly from one to the next.
- c. Evaluates skills needed for sports, outdoor, rhythm, and lifetime leisure activities.

## Fitness

**PEGPE.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.**

- a. Maintains or improves fitness level by using the results of the Georgia Fitness Assessment to guide a personal program of physical activity.
- b. Uses technologies to assess, enhance, and maintain health-related and skill-related fitness.
- c. Analyzes the relationship between physical activity and longevity.
- d. Evaluates the relationship between exercise (fitness) and nutrition.
- e. Develops fitness goals that are age, gender, and skill appropriate.

## Personal and Social Behavior, Rules, Safety, and Etiquette

**PEGPE.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

- a. Displays the ability to design rules, procedures, and routines appropriate for the group.
- b. Demonstrates the ability to apply the rules and etiquette of various physical activities regardless of differences.
- c. Applies safe practices in the physical education setting.
- d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.

**PEGPE.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

- a. Explains why participation in activities is enjoyable and desirable either alone or in a group.
- b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

