K.1.S2.A.1 Analyze own level of performance of selected movement skills according to proper form/technique (e.g., use peer-coaching or video tape to analyze throws serve for placement of toss, preparation swing for contact point, and follow-through...).

K.1.S2.B.1 Examine the factors (e.g., personal, environmental, prior experiences) that may have influenced one's own movement skill performance.

K.1.S2.B.2 Recognize movement concepts related to strategies for individual physical performance (e.g., body awareness in weight training for strength, or incline in cross-country skiing...).

K.2.S2.C.1 Apply and refine understanding of rules (i.e., safety rules, game rules, etiquette, officiating signals) associated with selected sports while participating and/or officiating.

K.2.S2.C.2 Apply the terminology associated with the skills and rules for selected individual and dual activities/sports (e.g., forehand/backhand in badminton, foul in baseball, front crawl in swimming, tackle in football,...).

K.2.S2.C.3 Compare the effectiveness of offensive and/or defensive strategies in a variety of specific games and sport situations (e.g., analyze a team's strategies for strengths and weaknesses).

K.2.S2.E.4 Compare and contrast moral and ethical conduct in specific sport situations (e.g., intentional fouls in baseball, fighting in boxing,...).

K.3.S2.A.1 Select and refine transport skills, applying mechanical principles (i.e., force, motion, balance) related to activity-specific physical performance.

K.3.S2.A.2 Select and refine manipulation skills (e.g., serve, forehand stroke, dribble, receiving a pass...) applying mechanical principles (i.e., force, motion, balance) related to activity-specific physical performance.

K.3.S2.A.3 Select and refine balance abilities (i.e., static, dynamic), applying mechanical principles (i.e., force, motion, balance), using a variety of equipment (e.g., skates, skis, boards, stilts, pogo-sticks...) related to activity-specific physical performance.

K.3.S2.B.1 Apply and refine specific activity-specific movement and variables (e.g., running for long distance, dynamic balancing, double-poling, slapping, patting, batting in physical activities, including individual-type activities (e.g., cross-country skiing, golf, cycling...).

K.3.S2.B.2 Apply and refine activity-specific movement skills and variables (e.g., shooting for a goal...) in physical activities, including team games using an understanding of rules (e.g., football, basketball, hockey, field hockey, badminton,...).

K.3.S2.B.3 Demonstrate the ability to keep safe and/or effective in selected organized sports (e.g., bowling, golf...).

K.3.S2.C.1 Apply and refine selected activity-specific skills (e.g., balancing, turning, sliding, padding...) required in alternative pursuits (e.g., downhill skiing, canoeing, rowing, in-line skating...) indigenous to the selected geographic area.

K.3.S2.C.2 Respond and move to selected rhythms and tempo (e.g., 3/4 time with 4/4 time, polka step...) in a variety of rhythmic activities (e.g., social dances, contemporary dances, rhythmic gymnastics, Aquatics...).

K.3.S2.C.3 Examine the factors (e.g., personal, environmental, prior experiences) that may have influenced one's own movement skill performance.

K.3.S2.D.1 Analyze and evaluate fitness test results (e.g., using technology information) and determine the factors that contributed to the results.

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K.3.S2.E.1 Review safety rules, routines, and procedures prior to participating in physical activity (e.g., allow space between players during follow-through in golf...).

K.3.S2.E.2 Explain physiological reasons (e.g., body position, physical conditioning, familiarity) for why exercise techniques are selected to minimize the risk of self and/or others (e.g., bending loads in carries must be minimized because the load reduces the cervico-dorsal strain).

K.3.S2.E.3 Explain the reasons (e.g., maintaining proper body alignment, understanding the mechanics of body parts) for why exercise techniques are selected to minimize the risk of self and/or others (e.g., bending loads in carries must be minimized because the load reduces the cervico-dorsal strain).

K.3.S2.E.4 Identify and explain safety and risk factors for activities (e.g., cross-country skiing...) related to people (e.g., right of way, adaptations for persons with a disability...), facilities (e.g., snow-covered or equipment (e.g., appropriate clothing...).

K.3.S2.E.5b Determine the safety considerations (e.g., use protective equipment, use reflective tape for nighttime visibility, have first-aid supplies readily available, check weather conditions...).

K.3.S2.E.5b-b Determine the safety considerations (e.g., use protective equipment, use reflective tape for nighttime visibility, have first-aid supplies readily available, check weather conditions...).

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K.3.S2.F.1 Investigate the contributions self and/or others can make to maintaining healthy lifestyle practices (e.g., maintaining safety and healthy lifestyle practices, volunteering, reducing, recycling, using public transportation...).

K.3.S2.F.2 Demonstrate the ability to use information labels to make daily healthy food choices.

K.3.S2.G.1 Explain effective responses (e.g., verbal statements, attention-seeking...) to problems regarding substance use and abuse (e.g., alcohol, drugs, tobacco, marijuana, performance-enhancing substances, street drugs...).

K.3.S2.H.1 Apply a decision-making/problem-solving process in case scenarios related to personal communication, health relationships and demonstrating responsible sexual behaviors.

K.5.S2.A.2 Demonstrate knowledge of healthy lifestyle practices that contribute to disease/illness prevention, including mental illnesses.

K.5.S2.B.1 Explain the importance of living a healthy lifestyle locally and nationally.

K.5.S2.C.1 Identify and explain the importance of living a healthy lifestyle locally and nationally.

K.5.S2.D.2 Analyze and evaluate fitness test results (e.g., using technology information) and determine the factors that contributed to the results.

K.5.S2.E.3 Identify and explain safety and risk factors for alternative pursuits (e.g., snow conditions...) related to...(e.g., snow conditions...).