



North Carolina Essential Standards Physical Education – Grade 9

Motor Skills

NCES.PE.9.MS.1 - Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

NCES.PE.9.MS.1.1 - Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.

NCES.PE.9.MS.1.2 - Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.

NCES.PE.9.MS.1.3 - Apply information and statistical data about personal and group performance to develop strategies to improve game play or participation in activities.

NCES.PE.9.MS.1.4 - Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

Movement Concepts

NCES.PE.9.MC.2 - Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

NCES.PE.9.MC.2.1 - Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.

NCES.PE.9.MC.2.2 - Use complex movement principles to evaluate and improve performance.

NCES.PE.9.MC.2.3 - Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

Health-Related Fitness

NCES.PE.9.HF.3 - Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

NCES.PE.9.HF.3.1 - Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.

NCES.PE.9.HF.3.2 - Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.

NCES.PE.9.HF.3.3 - Analyze the relationship between the six sport-related components and the five components of health-related components of fitness.

Personal/Social Responsibility

NCES.PE.9.PR.4 - Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

NCES.PE.9.PR.4.1 - Implement leadership skills to promote responsibility in self and others.

NCES.PE.9.PR.4.2 - Select the most appropriate ways of responding and mediate to settle conflicts.

NCES.PE.9.PR.4.3 - Explain the influence of physical activity on cultural competence and the development of self-awareness.