



TRACK AND FIELD



Introductory Track and Field HS 36.02300
Intermediate Track and Field HS 36.03300
Advanced Track and Field 36.04300

Introductory Track and Field HS

36.02300

Course Description: Introduces the history, rules, and basic skills involved in the various track and field events: hurdles, shot-put, high jump, relays, javelin throw, and long jump.

Intermediate Track and Field HS

36.03300

Course Description: Enhances skills in various track and field events: hurdles, shot-put, high jumping, relays, javelin throw, and long jump.

Advanced Track and Field

36.04300

Course Description: Provides further skills development in a chosen area of track and field.

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

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

- a. Demonstrates competence while performing skills in track and field activities.
- b. Performs skills at a level of competence which contributes to health-related fitness.
- c. Demonstrates proper warm-up and cool-down protocol associated with different track and field activities.

Movement Concepts and Principles

PETF.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 track and field activities.
- b. Evaluates skills needed for track and field activities.

Fitness

PETF.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 changes in 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.

Personal and Social Behavior, Rules, Safety, and Etiquette

PETF.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 individual differences.
- c. Applies safe practices in the physical education setting.
- d. Describes safety protocol to avoid dehydration, overexertion, and hypo/hyperthermia during physical activity.

PETF.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.

