



Online Physical Education Network

PECAT SCORE CARDS

Physical Education Curriculum Analysis Tool

A self-analysis tool from CDC Healthy Schools to assess physical education curricula.

With OPEN's Development Timeline as of April 21, 2024

(Grade 9-12) SHAPE AMERICA Standard	1		Demonstrates competency in a variety of motor skills and movement patterns.			
	Level 1			Level 2		
GLO CODE	Outcomes	Content	Assessment	Outcomes	Content	Assessment
S1.H1 Lifetime Activities	YES	YES	YES	YES	YES	YES
S1.H2 Dance and Rhythms	INCOMPLETE	INCOMPLETE	INCOMPLETE	INCOMPLETE	INCOMPLETE	INCOMPLETE
S1.H3 Fitness Activities	YES	YES	YES	YES	YES	YES
Total boxes checked	2 / 3	2 / 3	2 / 3	2 / 3	2 / 3	2 / 3
% by outcome level	67%	67%	67%	67%	67%	67%
Overall Score & Development Need	67% of Standard 1 Outcomes Included		Required High School Dance Module Status: In Development with an Estimated Delivery of Fall 2024			

(Grade 9-12) SHAPE AMERICA Standard	2		Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.			
	Level 1			Level 2		
GLO CODE	Outcomes	Content	Assessment	Outcomes	Content	Assessment
S2.H1 Movement Concepts Terminology	YES	YES	YES	YES	YES	YES
S2.H2 Movement Concepts Analyze Performance	YES	YES	YES	YES	YES	YES
S2.H3 Movement Concepts Practice / Skill Stages	YES	YES	YES	YES	YES	YES
S2.H4 Movement Concepts Dance Forms	INCOMPLETE	INCOMPLETE	INCOMPLETE	INCOMPLETE	INCOMPLETE	INCOMPLETE
Total boxes checked	3 / 4	3 / 4	3 / 4	3 / 4	3 / 4	3 / 4
% by outcome level	75%	75%	75%	75%	75%	75%
Overall Score & Development Need	75% of Standard 2 Outcomes Included		Required High School Dance Module Status: In Development with an Estimated Delivery of Fall 2024			

(Grade 9-12) SHAPE AMERICA Standard	3		Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
	Level 1			Level 2		
GLO CODE	Outcomes	Content	Assessment	Outcomes	Content	Assessment
S3.H1 Physical Activity Knowledge	YES	YES	YES	YES	YES	YES
S3.H2 Physical Activity Knowledge	YES	YES	YES	YES	YES	YES
S3.H3 Physical Activity Knowledge	INCOMPLETE	INCOMPLETE	INCOMPLETE	YES	YES	YES
S3.H4 Physical Activity Knowledge	YES	YES	YES	NA	NA	NA
S3.H5 Physical Activity Knowledge	YES	YES	YES	YES	YES	YES
S3.H6 Engages in Physical Activity	YES	YES	YES	YES	YES	YES
S3.H7 Fitness Knowledge	INCOMPLETE	INCOMPLETE	INCOMPLETE	YES	YES	YES
S3.H8 Fitness Knowledge	YES	YES	YES	YES	YES	YES
S3.H9 Fitness Knowledge	YES	YES	YES	INCOMPLETE	INCOMPLETE	INCOMPLETE
S3.H10 Fitness Knowledge	YES	YES	YES	YES	YES	YES
S3.H11 Assessment & Program Planning	YES	YES	YES	YES	YES	YES
S3.H12 Assessment & Program Planning	INCOMPLETE	INCOMPLETE	INCOMPLETE	YES	YES	YES
S3.H13 Nutrition	YES	YES	YES	YES	YES	YES
S3.H14 Stress Management	YES	YES	YES	YES	YES	YES
Total boxes checked	11 / 14	11 / 14	11 / 14	12 / 13	12 / 13	12 / 13
% by outcome level	79%	79%	79%	92%	92%	92%
Overall Score & Development Need	85% of Standard 3 Outcomes Included		Required High School Health & Wellness Module Status: In Development with an Estimated Delivery of Fall 2024			

(Grade 9-12) SHAPE AMERICA Standard	4	Exhibits responsible personal and social behavior that respects self and others.				
	Level 1			Level 2		
GLO CODE	Outcomes	Content	Assessment	Outcomes	Content	Assessment
S4.H1 Personal Responsibility	YES	YES	YES	INCOMPLETE	INCOMPLETE	INCOMPLETE
S4.H2 Rules & Etiquette	YES	YES	YES	YES	YES	YES
S4.H3 Working with Others	YES	YES	YES	YES	YES	YES
S4.H4 Working with others	YES	YES	YES	YES	YES	YES
S4.H5 Safety	YES	YES	YES	YES	YES	YES
Total boxes checked	5 / 5	5 / 5	5 / 5	4 / 5	4 / 5	4 / 5
% by outcome level	100%	100%	100%	80%	80%	80%
Overall Score & Development Need	90% of Standard 4 Outcomes Included		Required High School Health & Wellness Module Status: In Development with an Estimated Delivery of Fall 2024			

(Grade 9-12) SHAPE AMERICA Standard	5		Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
	Level 1			Level 2		
GLO CODE	Outcomes	Content	Assessment	Outcomes	Content	Assessment
S5.H1 Personal Health	YES	YES	YES	NA	NA	NA
S5.H2 Personal Challenge	NA	NA	NA	YES	YES	YES
S5.H3 Self-Expression	YES	YES	YES	INCOMPLETE	INCOMPLETE	INCOMPLETE
S5.H4 Social Interaction	YES	YES	YES	YES	YES	YES
Total boxes checked	3 / 3	3 / 3	3 / 3	2 / 3	2 / 3	2 / 3
% by outcome level	100%	100%	100%	67%	67%	67%
Overall Score & Development Need	83% of Standard 5 Outcomes Included		Required High School Dance Module Status: In Development with an Estimated Delivery of Fall 2024			

PECAT STANDARDS SCORECARD: OPEN HIGH SCHOOL CURRICULUM RESOURCES								
(Grade 9-12) SHAPE AMERICA Standard	LEVEL 1			LEVEL 2			TOTAL	%
	OUTCOMES	CONTENT	ASSESSMENT	OUTCOMES	CONTENT	ASSESSMENT		
1	2/3	2/3	2/3	2/3	2/3	2/3	12/18	67%
2	3/4	3/4	3/4	3/4	3/4	3/4	18/24	75%
3	11/14	11/14	11/14	12/13	12/13	12/13	69/81	85%
4	5/5	5/5	5/5	4/5	4/5	4/5	27/30	90%
5	3/3	3/3	3/3	2/3	2/3	2/3	15/18	83%
TOTAL	24/29	24/29	24/29	23/28	23/28	23/28	141/171	82%
%	83%	83%	83%	82%	82%	82%	82%	

OPEN’s High School Curriculum **PECAT SCORE is 82% (as of April 2024).**

There are a total of 8 SHAPE America GLOs that are not fully addressed for Levels 1 & 2. See the following page for an index of these incomplete outcomes.

Estimated date for full completion of the High School resources and PECAT score of 100%: Fall of 2024.

INDEX OF INCOMPLETE OUTCOMES

STANDARD 1

- **S1.H2 [L1&L2]** Demonstrates competency in dance forms used in cultural and social occasions (e.g., weddings, parties) ... or ... Demonstrates competence in one form of dance (e.g., ballet, modern, hip hop, tap) (L1); Demonstrates competence in a form of dance by choreographing a dance or by giving a performance (L2).

STANDARD 2

- **S2.H4 [L1&L2]** Identifies examples of social and technical dance forms (L1); Compares similarities and differences in various dance forms (L2).

STANDARD 3

- **S3.H3 [L1]** Identifies issues associated with exercising in heat, humidity, and cold (L1).
- **S3.H7 [L1]** Demonstrate appropriate technique in resistance-training machines and free weights (L1).
- **S3.H9 [L2]** Identifies the structure of skeletal muscle and fiber types as they relate to muscle development (L2).
- **S3.H12 [L1]** Designs a fitness program, including all components of health-related fitness, for a college student and an employee in the learner’s chosen field of work (L1).

STANDARD 4

- **S4.H1 [L2]** Accepts differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media (L2).

STANDARD 5

- **S5.H3 [L2]** Identifies the uniqueness of creative dance as a means of self-expression (L2).

Development Timeline for a PECAT Score of 100%	
Fall 2024	High School Dance Module
Fall 2024	High School Health & Wellness