

Physical Education

Grade Six

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Manipulative Skills

1.6 Throw an object accurately and with applied force, using the underhand, overhand and sidearm movement (throw) patterns.

Rhythmic Skills

1.7 Perform folk and line dances.

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Movement Concepts

2.3 Analyze and correct errors in movement patterns.

2.5 Identify practices and procedures necessary for safe participation in physical activities.

Manipulative Skills

2.8 Illustrate how the intended direction of an object is affected by the angle of the implement or body part at the time of contact.

Students assess and maintain a level of physical fitness to improve health and performance.

3.3 Develop individual goals for each of the components of health-related physical fitness (muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition).

3.4 Participate in moderate to vigorous physical activity a minimum of four days each week.

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

4.2 Develop a one-day personal physical fitness plan specifying the intensity, time, and types of physical activities for each component of health-related physical fitness.

4.6 List the long-term benefits of participation in regular physical activity.

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activities.

Self-Responsibility

5.1 Participate productively in group physical activities.

Group Dynamics

5.4 Identify and agree on a common goal when participating in a cooperative physical activity.

Physical Education

Grade Seven

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Manipulative Skills

1.1 Demonstrate mature techniques for the following patterns: overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying.

Rhythmic Skills

1.2 Perform multicultural dances.

Combinations of Movement Patterns and Skills

1.3 Combine manipulative, locomotor, and nonlocomotor skills into movement patterns.

1.4 Demonstrate body management and object-manipulation skills needed for successful participation in individual and dual physical activities.

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Manipulative Skills

2.1 Identify and describe key elements in the mature performance of overhand, sidearm, and underhand throwing; catching; kicking/punting; striking; trapping; dribbling (hand and foot); and volleying.

Movement Concepts

2.2 Analyze movement patterns and correct errors.

Students assess and maintain a level of physical fitness to improve health and performance.

3.3 Develop individual goals, from research-based standards, for each of the five components of health-related physical fitness.

3.4 Plan a weekly personal physical fitness program in collaboration with the teacher.

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

4.2 Identify physical activities that are effective in improving each of the health-related physical fitness components.

4.4 Explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest.

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Group Dynamics

5.4 Evaluate the effect of expressing encouragement to others while participating in a group physical activity.

5.5 Identify the responsibilities of a leader in physical activity.

Physical Education

Grade Eight

Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.

Rhythmic Skills

1.2 Create and perform a square dance.

Combinations of Movement Patterns and Skills

1.3 Demonstrate basic offensive and defensive skills and strategies in team physical activities.

Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.

Movement Concepts

2.1 Describe and demonstrate how movement skills learned in one physical activity can be transferred and used to help learn another physical activity.

Combination of Movement Patterns and Skills

2.5 Diagram, explain, and justify offensive and defensive strategies in modified and team sports, games, and activities.

Students assess and maintain a level of physical fitness to improve health and performance.

3.2 Refine individual personal physical fitness goals for each of the five components of health-related physical fitness, using research-based criteria.

3.3 Plan and implement a two-week personal physical fitness plan in collaboration with the teacher.

3.5 Assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program.

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

4.1 Develop a two-week personal physical fitness plan specifying the proper warm-up and cool down activities and the principles of exercise for each of the five components of health-related physical fitness.

4.4 Identify and apply basic principles in weight/resistance training and safety practices.

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Self-Responsibility

5.2 Organize and work cooperatively with a group to achieve the goals of the group.

Social Interaction

5.4 Identify the contributions of members of a group or team and reward members for accomplishing a task or goal.

Group Dynamics

5.5 Accept the roles of group members within the structure of a game or activity.

5.7 Model support toward individuals of all ability levels and encourage others to be supportive and inclusive of all individuals.
