

# Physical Education (2010): Grades 6, 7

Adopted 2010

**Demonstrate competency in motor and movement skills needed to perform a variety of physical activities.**

- 1. Demonstrate competent skills for participation in modified team activities (e.g., basketball, volleyball, softball, ultimate Frisbee).**
- 2. Demonstrate competent skills for participation in individual and dual activities (golf, Frisbee, bowling, racquet/paddle sports, Native Youth Olympics games)**
- 3. Demonstrate competent skills for participation in non-competitive individual activities (e.g., weight training/resistance training, swimming, exercise).**
- 4. Demonstrate competency for participation in rhythmic activities (e.g., social, folk, Native dances).**
- 5. Demonstrate competency for participation in adventure/outdoor activities (e.g., orienteering, snowshoeing, skating).**
- 6. Explore Alaskan cultural physical activities (e.g., Native Youth Olympics games and dances).**

**Apply movement concepts to the learning and performance of physical activities.**

- 1. Identify critical elements of skill for selected movement forms.**
- 2. Detect and correct errors in personal performance in a variety of activities.**
- 3. Explain at least two game tactics involved in playing team, dual, and individual activities.**
- 4. Use offensive and defensive strategies while participating in modified team, individual and dual sports.**
- 5. Design a game that incorporates skills and tactics that can be played by all students.**
- 6. Implement strategies and safety procedures for success while participating in physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).**
- 7. Identify major muscle groups utilized in a variety of movements.**

**Participate regularly in physical activity.**

- 1. Recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle.**
- 2. Set SMART goals, (specific, measurable, attainable, realistic, time sensitive) for participation in activities of own choosing.**
- 3. Maintain a physical activity log for a designated period of time (e.g., weight training charts, steps during the day, time engaged in physical activity).**
- 4. Use current technology (e.g., pedometers, Wii Fitness, Dance-Dance-Revolution) to monitor physical activity to meet personal goals.**
- 5. Identify local, state, national, and international fitness and recreational organizations (e.g., YMCA, United States Cycling Federation, Special Olympics Alaska, Challenge Alaska, and Alpine Alternatives, CITC, BOYS AND GIRLS CLUBS).**

**Apply fitness concepts to achieve and maintain a health-enhancing level of personal fitness.**

- 1. Monitor heart rate before, during, and after various intensity levels of physical activity.**
- 2. Compare the fitness benefits of a variety of activities.**
- 3. Improve and achieve age appropriate fitness standards defined in a selected program (e.g., Fitnessgram, Brockport, President's Fitness Test).**
- 4. Demonstrate personal fitness by participating in activities to improve specific fitness components (cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility).**
- 5. Formulate meaningful personal fitness SMART goals based on the results of fitness testing.**

**Exhibit personal and social behavior that respects self and others in physical activity settings.**

- 1. Demonstrate appropriate behavior in physical activity settings.**
- 2. Demonstrate concern for safety of self and others during games and activities.**
- 3. Demonstrate self-control and sportsmanship/etiquette during games and activities (e.g., accepting controversial decisions).**
- 4. Accommodate individual differences. (e.g., ability levels, gender, ethnicity, disability among people, and physical activities of a variety of actions, culture, and ethnic origins).**

**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

- 1. Identify several reasons why participation in physical activities is enjoyable and desirable.**
- 2. Reflect on reasons for choosing to participate in selected physical activities (e.g., health, challenge, self-expression, social interaction, personal goal).**

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- 3. Enjoy working alone or with others in a sport or physical activity to achieve a goal.**