

# Physical Education: Grades 6, 7, 8

Adopted 2008

**Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities**

**Physical Activity involves using movement and motor skills throughout your life.**

- Perform basic sports skills (i.e. dribble, pass, shoot, serve, kick).
- Perform basic tactics of sports activities (risks, strategies, positioning).
- Design and perform aerobic activities (dance, fitness routine).
- Use and apply the FITT concepts in a variety of activities.
- Transfer fundamental motor skills to a variety of activities safely.
- Recognize the difference in skill levels and participate accordingly.

**Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities**

**Movement concepts, principles, strategies and tactics are used in physical activities.**

- Explain and utilize the FITT components.
- Access a variety of resources
- Choose an appropriate practice to master a specific skill.
- Create and design a new game that can be played fairly by all.
- Recognize, explain and apply development difference to movement activities.
- Perform basic tactics of sports activities (risks, strategies, positioning).

**Participates regularly in physical activity**

**We need to be physically active.**

- Identify strengths and weaknesses and create an action plan
- Monitor and document physical education/physical activity involvement
- Come to class prepared to participate
- Participate fully in physical education class
- Improve personal effort/engagement/level of exertions during physical education class
- Demonstrate appropriate etiquette during all physical education activities
- Identify differences between personal motivation and peer pressure
- Choose activities consistent with interests and physical and mental development

**Achieves and maintains a personal health-enhancing level of physical fitness**

**Physical fitness is essential to health throughout life.**

- To calculate heart rate and determine if it is in the proper range
  - Participate in activities designed to maintain each component of fitness
  - Explain the benefits of and participate in daily exercise
  - Self assess fitness level
  - Explore and apply the training principles within the context of PE class
  - Logically sequence planned activities to obtain optimal health benefits
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**Exhibits responsible personal and social behavior that respects self and others in physical activity settings**

**There are personal & social behavioral expectations in physical activity settings.**

- Play safely within the rules of an activity
  - Recognize and work with the diverse levels of ability within a variety of physical activities
  - Exhibit self control in a variety of activities (sport/game)
  - Lead a small and large group activity (with teacher assistance)
  - Create and use multiple ways (strategies for solving differences/disagreements)
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**Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity**

**Physical activity provides a variety of opportunity for enjoyment, social interaction, challenge and/or self-expression.**

- Identify their likes and dislikes of a variety of physical activities, including reasons for each
- Explain their skill level for variety of physical activities, including reasons for each and does the skill level impact their value of that activity
- Discuss or describe how physical activity enhances their quality of life
- Exhibit unique self-expression through physical activity
- Develop a comprehensive list of physical activities that can be enjoyed throughout physical activity
- Develop a comprehensive list of physical activities that can be enjoyed throughout a life span