



## Physical Education

The physical education standards in the middle school years focus on enhancing health-related and skill-related components of fitness and demonstrating knowledge and applying fitness principles and movement skills and strategies in a variety of physical activities. In each grade, the standards ask students to refine various movement concepts, strategies, and skills, analyze performance and provide feedback to peers, set and assess fitness goals, recognize diversity in skills of others, collaborate with students with varying abilities, and utilize safety procedures during physical activities.

### Expectations for 6th Grade Students:

- **Movement Competence and Understanding:** Demonstrate beginning skills for a variety of activities, games, and sports; participate in activities that require problem solving, cooperation, and team building; demonstrate beginning strategies for a variety of activities, games, or sports.
- **Physical and Personal Wellness:** Understand and apply basic principles of training to improving physical fitness; recognize how health-related and skill-related fitness components contribute to a health-enhancing lifestyle that embraces physical fitness; identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness.
- **Social and Emotional Wellness:** Recognize diverse skill performance in self and in others and how diversity affects activities, games, and sport participation; choose to participate cooperatively and productively in group and individual physical activities.
- **Prevention and Risk Management:** Apply personal safety

### Throughout 6th Grade You May Find Students:

- Combining relationships, levels, speed, direction, and pathways in complex individual and group physical activities.
- Combining motor skills to play a lead-up or modified game.
- Developing a cooperative movement game that uses locomotor skills, object manipulation, and an offensive strategy, and teaching the game to another person.
- Performing flexibility exercises that will stretch particular muscles areas for given physical activities.
- Distinguishing between health-related and skill-related fitness.
- Identifying where individuals can engage in regular physical activity to meet their personal fitness goals.
- Accepting differences among classmates in physical development, maturation, and varying skill levels.
- Contributing ideas and listening to the ideas of others in cooperative problem-solving activities.
- Describing and demonstrating the correct form to push,

knowledge and skills to prevent and treat intentional or unintentional injury.

pull, and lift heavy objects.

### Expectations for 7th Grade Students:

- **Movement Competence and Understanding:** Combine the critical elements of movement and skills concepts; demonstrate beginning offensive and defensive strategies for individual and team physical activities and sports.
- **Physical and Personal Wellness:** Understand and apply principles of physical fitness to create a personal fitness plan and set personal physical fitness goals; demonstrate fitness knowledge and skills that maintain a health-enhancing lifestyle, while actively engaging in the participation of lifetime physical activities.
- **Social and Emotional and Wellness:** Demonstrate inclusiveness in and out of classroom settings.
- **Prevention and Risk Management:** Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation.

### Expectations for 8th Grade Students:

- **Movement Competence and Understanding:** Demonstrate competency in a variety of motor skills and movement patterns; understand and apply game strategies to physical activities and sports.
- **Physical and Personal Wellness:** Identify areas for growth and design personal goals utilizing assessment and program planning concepts; identify preferences for lifetime physical activity.
- **Emotional and Social Wellness:** Recognize diverse skill performance in self and in others and how diversity affects

### Throughout 7th Grade You May Find Students:

- Designing and performing movement sequences that combine traveling, balancing, and weight transfer into smooth, flowing sequences with changes in direction, speed, and flow.
- Diagramming and demonstrating basic offensive and defensive strategies for individual and dual physical activities.
- Identifying elements that comprise an age-appropriate fitness plan, according to an individual's age, level of fitness, and goals.
- Maintaining involvement in physical activity, twice a week, outside physical education class.
- Making suggestions to the instructor on how to modify a game to allow all members with varying skill abilities to participate.
- Explaining that warm-up and cool-down activities prepare the body for physical activity and help to prevent injuries.

### Throughout 8th Grade You May Find Students:

- Analyzing motor skills and movement patterns through a variety of skill assessments.
- Diagramming, explaining, and justifying offensive and defensive strategies in net/wall, target, invasion, and fielding/run-scoring games.
- Planning and implementing an extended personal physical fitness plan in collaboration with an instructor utilizing assessment data.
- Matching personal preferences in physical activities with each of the five components of health-related physical

activities, games, and sport participation.

- **Prevention and Risk Management:** Apply rules, procedures, and safe practices to create a safe school environment with no reinforcement.

fitness.

- Participating with others in all types of physical activity, regardless of their race or ethnicity, gender, or culture.
- Identifying and demonstrating best practices for safe participation in all physical activities.