

# Health Education & Physical Education

Grades 6-8

## Physical Education

### Physical Education Literacy

#### Standard 1:

The student demonstrates competency in many movement forms and proficiency in a few forms of physical activity. (PE.A.1.3)

1. combines skills competently to participate in a modified version of team and individual sports, demonstrating mature patterns of manipulative skills (e.g., proper catching techniques).
2. uses basic offensive and defensive positioning while playing a modified version of a sport.
3. designs and performs folk and square dance sequences.
4. knows basic skills and safety procedures to participate in outdoor sports.

#### Standard 2:

The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills. (PE.A.2.3)

1. knows the various ways in which the body can generate force and the mechanical principles involved (e.g., range of motion and speed that the arm or leg travels).
2. knows how to apply mature patterns of locomotor, nonlocomotor, body-management throwing, catching, and striking skills while participating in modified versions of team and individual sports.
3. describes the principles of training and conditioning for specific physical activities.
4. knows how to design and refine a routine by combining various movements to music.
5. knows how to develop game strategies for offensive and defensive play (e.g., the strategies necessary to attack an attended and unattended goal).

#### Standard 3:

The student analyzes the benefits of regular participation in physical activity. (PE.A.3.3)

1. knows the potential fitness benefits of various activities.
2. knows how to use a journal to document the benefits of participation in physical activity as part of an individual wellness plan.
3. knows what community resources related to fitness are available.

### Responsible Physical Activity Behaviors

#### Standard 1:

The student achieves and maintains a health-enhancing level of physical fitness. (PE.B.1.3)

1. knows how to sustain an aerobic activity, maintaining target heart rate, to achieve cardiovascular benefits.
2. describes and applies the principles of training and conditioning for specific physical activities.
3. knows proper warm-up, conditioning, and cool-down techniques and the reasons for using them.
4. knows the difference between muscular strength and muscular endurance, activities that contribute to the improvement of strength and endurance, and the various types of muscular strength and endurance required to perform different activities.
5. knows how aerobic activity differs from anaerobic activity.
6. understands the relationships between caloric intake and energy expenditure.
7. knows the various ways to promote mobility in each joint.
8. knows how to determine recovery heart rate after exercise.
9. understands and applies formal and informal modes of fitness assessments (e.g., cardiovascular fitness: a mile walk or run is formal assessment, walking a flight of stairs is informal).
10. plans and participates in an individualized fitness program.
11. analyzes the results of fitness assessments to guide changes in a personal fitness program.
12. achieves and maintains appropriate cardiovascular fitness, flexibility, muscular strength, endurance, and body composition.
13. explores new ways to achieve activity goals in an individual wellness plan (e.g., walking in addition to playing a team sport).

## **Standard 2:**

**The student demonstrates responsible personal and social behavior in physical activity. (PE.B.2.3)**

1. demonstrates appropriate responses to emergency situations associated with physical activity (e.g., remain calm, keep injured person still, and seek help).
2. knows the effects of substance abuse on personal health and performance in physical activity.
3. understands the difference between compliance and noncompliance with game rules and knows the meaning of fair play in age-appropriate activities.
4. resolves interpersonal conflicts with sensitivity to the rights and feelings of others.

## **Advocate and Promote Physically Active Lifestyles**

### **Standard 1:**

**The student understands how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people. (PE.C.1.3)**

1. knows how to modify games and activities to allow for participation of students with special needs (e.g., physical disabilities).
2. knows the contributions that various cultures have made to physical education.

### **Standard 2:**

**The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.3)**

1. identifies forms of physical activity that provide personal enjoyment.
2. recognizes the aesthetic and creative aspects of performance.
3. understands how a commitment to a wellness plan enhances the quality of life (e.g., leads to positive coping skills, healthy eating habits, and regular physical activity).
4. knows the long-term physiological, psychological, and cultural benefits that may result from regular participation in physical activity.
5. knows the ways in which exercising at home can assist in improving physical ability and performance.
6. knows various ways to use the body and movement activities to communicate ideas and feelings.