

Course/Grade Level: Sixth, Seventh, and Eighth Grade PE Curriculum

PE.6-8.1 Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will...

- PE.6-8.1.1 demonstrate strategy in modified net games and invasive games. (6-8.1.1.a)
ie: introduces initial strategies in net games and invasive games (e.g. soccer, volleyball, basketball, pickle ball, eclipse ball)
- PE.6-8.1.2 perform initial gymnastic sequences. (6-8.1.1.c)
ie: introduces initial gymnastic sequences (e.g. spider man's, inch worm, wall hand stands)
- PE.6-8.1.3 demonstrate competency in team and individual sports. (6-8.1.1.d)
ie: provide a variety of lead up games that require basic rules, skill, and cooperation
- PE.6-8.1.4 demonstrate competency in outdoor activities. (6-8.1.1.e)
ie: introduces outdoor activities (e.g. frisbee golf, yard marbles, bocce ball)

PE.6-8.2 Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Students will...

- PE.6-8.2.1 analyze aspects of personal performance. (6-8.2.1.b)
ie: provides correct feedback of student performance
- PE.6-8.2.2 explain game tactics involved in a team sport. (6-8.2.1.c)
ie: provide activities where students demonstrate game tactics in team sports
- PE.6-8.2.3 design a new game. (6-8.2.1.d)
ie: provides equipment and guidelines for students new game

PE.6-8.3 Students will participate regularly in physical activity.

Students will...

- PE.6-8.3.1 participate in physical activities outside of school to improve skills and health. (6-8.3.1.a&b)
ie: suggest out of school activities to improve student skills and health
- PE.6-8.3.2 set physical activity goals. (6-8.3.1.c)
ie: provides opportunities for students to discuss their activity goals

PE.6-8.4 Students will achieve and maintain a health-enhancing level of physical fitness.

Students will...

- PE.6-8.4.1 participate in activities to improve health related fitness components. (6-8.4.1.a)
ie: provide activities that incorporate cardiovascular endurance, flexibility, body composition, muscular strength, and muscular endurance
- PE.6-8.4.2 understand the importance of staying within the target heart rate zone during activity. (6-8.4.1.b)
ie: provide activities for students to analyze their own THR
- PE.6-8.4.3 self-assess heart rate before, during, and after activity. (6-8.4.1.c)
ie: provides methods for heart rate self-assessment
- PE.6-8.4.4 demonstrate proper training technique to improve physical fitness. (6-8.4.1.d)
ie: provides activities and feedback to improve student physical fitness
- PE.6-8.4.5 maintain heart rate in THR zone while participating in a game or activity. (6-8.4.1.e)
ie: provides fitness activities that allow for continuous movement and increase heart rate

PE.6-8.5 Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will...

- PE.6-8.5.1 remain on task without close teacher monitoring. (6-8.5.1.b)
ie: provides for student self and peer evaluation
- PE.6-8.5.2 demonstrate concern for safety of self and others during games and activities. (6-8.5.1.c)
ie: instructs students on safety of self and others
- PE.6-8.5.3 play by the rules of the game and show self control during disagreements. (6-8.5.1.e)
ie: provides clear and simple rules
- PE.6-8.5.4 resolve conflict with others. (6-8.5.1.f)
ie: provide opportunity for students to deal with basic conflict
- PE.6-8.5.5 through verbal and non-verbal behavior, demonstrate cooperation with peers of different backgrounds. (6-8.5.1.g)
ie: provides variety of activities for students to practice with others

PE.6-8.6 Students will value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Students will...

- PE.6-8.6.1 recognize physical activity as an opportunity for social interaction. (6-8.6.1.a)
ie: encourages team building in group activities
- PE.6-8.6.2 recognize and appreciate different skill levels. (6-8.6.1.b)
ie: encourages praise of skilled performance and encouragement of limited participants
- PE.6-8.6.3 understand the benefits of physical activity. (6-8.6.1.c)
ie: provides instruction on the benefits of physical activity