

# Grades 6, 7, 8

Adopted 2005

**Movement Forms — Use motor skills and movement patterns to perform a variety of physical activities**

## **Fundamental Skills**

1. Use mature (proper) movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics [PE.6-8.1.1](#)
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## **Modified/Lead-Up Games and Activities**

2. Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics [PE.6-8.1.2](#)
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**Cognitive Concepts — Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities**

## **Safety and Play Etiquette**

3. Apply rules and etiquette for safe participation in physical activities [PE.6-8.2.3](#)
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## **Fundamental Skills**

1. Identify strategies to improve performance of movement skills [PE.6-8.2.1](#)
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## **Team Sports**

2. Describe basic strategies for simple and modified activities [PE.6-8.2.2](#)
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**Active Lifestyle — Participate regularly in physical activity**

## **Individual, Dual, and Lifetime Activities**

1. Identify opportunities for physical activity outside of the physical education class [PE.6-8.3.1](#)
  2. Participate regularly in moderate to vigorous physical activities to meet personal goals [PE.6-8.3.2](#)
  3. Explain the relationship between a healthy lifestyle and regular participation in physical activities [PE.6-8.3.3](#)
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**Physical Fitness — Know ways to achieve and maintain a health-enhancing level of physical fitness**

## **Fitness and Conditioning-Related Activities**

1. Describe the principles of training and conditioning and how they affect the components of health-related fitness [PE.6-8.4.1](#)
2. Set goals for improving the components of personal health-related physical fitness [PE.6-8.4.2](#)