

# Grades 6, 7, 8

Adopted 2014

**Movement:** The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and strategies/tactics as they apply to the learning and performance of physical activities.

1. Students demonstrate movement skills and patterns in a variety of activities. PE 8.1.1
2. Students demonstrate critical elements of specialized manipulative skills in modified team activities. PE 8.1.2
3. Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities. PE 8.1.3
4. Students apply tactical concepts and performance principles in modified team activities. PE 8.1.4
5. Students apply tactical concepts and performance principles in individual, dual, or lifetime activities. PE 8.1.5
6. Students compare and contrast skills used for different movement patterns. PE 8.1.6
7. Students analyze critical elements of specialized skills in a variety of activities. PE 8.1.7
8. Students analyze the use of strategies and tactics in a variety of physical activities. PE 8.1.8

**Fitness:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Students create and monitor a personal plan using current levels of fitness and physical activity. PE 8.2.1
2. Students differentiate the health benefits associated with a variety of physical activities. PE 8.2.2
3. Students apply the principles, components, and practices of health-related fitness to improve short-term fitness goals. PE 8.2.3
4. Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school). PE 8.2.4
5. Students explain valid characteristics of fitness-related products, technology, and resources related to fitness literacy. PE 8.2.5

**Personal and Social Behavior: The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-expression, and/or social interaction.**

- 1. Students develop and apply appropriate rules, safe practices, and procedures in physical activity settings. PE 8.3.1**

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- 2. Students communicate effectively with others to promote respect and conflict resolution in physical activity settings. PE 8.3.2**

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- 3. Students engage in challenging experiences that develop confidence and independence. PE 8.3.3**

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- 4. Students engage in physical activities that promote self-expression and provide opportunities for social and group interaction. PE 8.3.4**