Physical Education (2010): Grades 6, 7

Adopted 2010

Demonstrate competency in motor and movement skills needed to perform a variety of physical activities.	1. Demonstrate competent skills for participation in modified team activities (e.g., basketball, volleyball, softball, ultimate Frisbee). 2. Demonstrate competent skills for participation in individual and dual activities (golf, Frisbee, bowling, racquet/paddle sports, Native Youth Olympics games) 3. Demonstrate competent skills for participation in non-competitive individual activities (e.g., weight training/resistance training, swimming, exercise). 4. Demonstrate competency for participation in rhythmic activities (e.g., social, folk, Native dances). 5. Demonstrate competency for participation in adventure/outdoor activities (e.g., orienteering, snowshoeing, skating). 6. Explore Alaskan cultural physical activities (e.g., Native Youth Olympics games and dances).
Apply movement concepts to the learning and performance of physical activities.	1. Identify critical elements of skill for selected movement forms. 2. Detect and correct errors in personal performance in a variety of activities. 3. Explain at least two game tactics involved in playing team, dual, and individual activities. 4. Use offensive and defensive strategies while participating in modified team, individual and dual sports. 5. Design a game that incorporates skills and tactics that can be played by all students. 6. Implement strategies and safety procedures for success while participating in physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle). Identify major muscle groups utilized in a variety of movements.

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Participate regularly in physical activity.	1. **Recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle.** 2. **Set SMART goals, (specific, measurable, attainable, realistic, time sensitive) for participation in activities of own choosing.** 3. **Maintain a physical activity log for a designated period of time (e.g., weight training charts, steps during the day, time engaged in physical activity).** 4. **Use current technology (e.g., pedometers, Wii Fitness, Dance-Dance-Revolution) to monitor physical activity to meet personal goals.** 5. **Identify local, state, national, and international fitness and recreational organizations (e.g., YMCA, United States Cycling Federation, Special Olympics Alaska, Challenge Alaska, and Alpine Alternatives, CITC, BOYS AND GIRLS CLUBS).**
Apply fitness concepts to achieve and maintain a health-enhancing level of personal fitness.	1. **Monitor heart rate before, during, and after various intensity levels of physical activity.** 2. **Compare the fitness benefits of a variety of activities.** 3. **Improve and achieve age appropriate fitness standards defined in a selected program (e.g., Fitnessgram, Brockport, President's Fitness Test).** 4. **Demonstrate personal fitness by participating in activities to improve specific fitness components (cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility).** 5. **Formulate meaningful personal fitness SMART goals based on the results of fitness testing.**
Exhibit personal and social behavior that respects self and others in physical activity settings.	1. **Demonstrate appropriate behavior in physical activity settings.** 2. **Demonstrate concern for safety of self and others during games and activities.** 3. **Demonstrate self-control and sportsmanship/etiquette during games and activities (e.g., accepting controversial decisions).** 4. **Accommodate individual differences. (e.g., ability levels, gender, ethnicity, disability among people, and physical activities of a variety of actions, culture, and ethnic origins).**
Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction	1. **Identify several reasons why participation in physical activities is enjoyable and desirable.** 2. **Reflect on reasons for choosing to participate in selected physical activities (e.g., health, challenge, self-expression, social interaction, personal goal).**

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3. **Enjoy working alone or with others in a sport or physical activity to achieve a goal.**