Delaware Health and Physical Education

Physical Education: Grades 6, 7, 8

Adopted 2008

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities	**Physical Activity involves using movement and motor skills throughout your life.** Perform basic sports skills (i.e. dribble, pass, shoot, serve, kick). Perform basic tactics of sports activities (risks, strategies, positioning). Design and perform aerobic activities (dance, fitness routine). Use and apply the FITT concepts in a variety of activities. Transfer fundamental motor skills to a variety of activities safely. Recognize the difference in skill levels and participate accordingly.
Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities	**Movement concepts, principles, strategies and tactics are used in physical activities.** Explain and utilize the FITT components. Access a variety of resources Choose an appropriate practice to master a specific skill. Create and design a new game that can be played fairly by all. Recognize, explain and apply development difference to movement activities. Perform basic tactics of sports activities (risks, strategies, positioning).
Participates regularly in physical activity	**We need to be physically active.** Identify strengths and weaknesses and create an action plan Monitor and document physical education/physical activity involvement Come to class prepared to participate Participate fully in physical education class Improve personal effort/engagement/level of exertions during physical education class Demonstrate appropriate etiquette during all physical education activities Identify differences between personal motivation and peer pressure Choose activities consistent with interests and physical and mental development

Achieves and maintains a personal health-enhancing level of physical fitness	**Physical fitness is essential to health throughout life.** To calculate heart rate and determine if it is in the proper range Participate in activities designed to maintain each component of fitness Explain the benefits of and participate in daily exercise Self assess fitness level Explore and apply the training principles within the context of PE class Logically sequence planned activities to obtain optimal health benefits
Exhibits responsible personal and social behavior that respects self and others in physical activity settings	**There are personal & social behavioral expectations in physical activity settings.** Play safely within the rules of an activity Recognize and work with the diverse levels of ability within a variety of physical activities Exhibit self control in a variety of activities (sport/game) Lead a small and large group activity (with teacher assistance) Create and use multiple ways (strategies for solving differences/disagreements
Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity	**Physical activity provides a variety of opportunity for enjoyment, social interaction, challenge and/or self-expression.** Identify their likes and dislikes of a variety of physical activities, including reasons for each Explain their skill level for variety of physical activities, including reasons for each and does the skill level impact their value of that activity Discuss or describe how physical activity enhances their quality of life Exhibit unique self-expression through physical activity Develop a comprehensive list of physical activities that can be enjoyed throughout physical activity Develop a comprehensive list of physical activities that can be enjoyed throughout a life span