

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](#)