Kansas Physical Education

Grades 6-8

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. 1

A Locomotor 1A

1 Combines locomotor skills and manipulative skills (i.e. throwing, catching, dribbling, kicking and striking) in various activities. 1A.MS1

B Non-locomotor (stability) 1B

If the learner did not attain the outcomes by Grade 5, they should be the focus through Grade 8.

C Manipulatives 1C

1 Performs manipulative skills consistently with a mature pattern. 1C.MS1

2 Executes manipulative skills with dominant and nondominant hand or foot. 1C.MS2

D Offensive and Defensive Skills 1D

1 Demonstrates basic offensive skills (i.e. pivot, fake, jab step, screen) in modified and small-sided games. 1D.MS1

2 Performs defensive skills (i.e. drop step, defensive stance and movement) in modified and small-sided games. 1D.MS2

3 Changes direction and speed as necessary during gameplay. 1D.MS3

E Dance and Rhythms 1E

1 Designs original movement sequences to music with proper timing. 1E.MS1

2 Executes synchronized original dance movements with another individual or group. 1E.MS2

3 Performs beginner social dances with a partner or group (e.g. ballroom dance, line dance, etc.). 1E.MS3

F Lifetime Activities 1F

1 Participates competently in lifetime activities such as individual/dual sports and self-defense. 1F.MS1

The physically literate individual applies knowledge of concepts, pri[illegible] an

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A Movement concepts, principles and knowledge 2A

1 Utilizes instructional cues to self-assess while performing complex skills in dance, gymnastics, and invasion games. 2A.MS1

Selects practice procedures to learn and master skills and movement patterns. 2A.MS2

movement and performance. 2

3 Evaluates and applies safe protocol to activities based on weather, levels of difficulty, and ability. 2A.MS3

B Strategies and Tactics 2B

1 Applies appropriate speed, trajectory, direction, pathway, and positioning for game play. 2B.MS1

2 Creates or reduces space in invasion games through approach or retreat. 2B.MS2

3 Selects an offensive or defensive tactic while performing with or without objects. 2B.MS3

4 Calibrates the full width and length of the field or court to regulate personal speed and movement during play. 2B.MS4

5 Manages performance angles, force, and direction to gain or deny competitive advantage. 2B.MS5

6 Communicates with teammates effectively during game play. 2B.MS6

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

A Physical Activity Knowledge 3A

1 Explains how physical activity benefits physical, mental, and social health. 3A.MS1

2 Identifies major muscle groups used in various physical activities. 3A.MS2

B Fitness Knowledge 3B

1 Lists the components of health-related fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility, body composition). 3B.IM1

2 Recalls the components of skill related fitness (agility, balance, coordination, power, reaction time, speed). 3B.IM2

3 Describes the importance of warm-up and cool-down. 3B.IM3

4 Defines the target heart zone. 3B.IM4

5 Explains the importance of exercising in the target heart zone. 3B.IM5

6 Explains the FITT principle (Frequency, Intensity, Time, Type). 3B.IM6

C Assessment and Program Planning 3C

1 Sets SMART (specific, measurable, attainable, realistic, and timely) goals to improve or maintain three areas of health-related fitness based on a fitness assessment. 3C.MS1

2 Develops a personal fitness program by applying the FITT principle. 3C.MS2

3 Maintains a physical activity and/or nutrition log reflecting the results of a self-assessment. 3C.MS3

D Nutrition 3D

1 Uses MY PLATE to define basic food groups and explain the healthy balance between food, water and physical activity. 3D.MS1

2 Describes the health risks of poor nutrition. 3D.MS2

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E Stress Management 3E

1 Recognizes situations that produce stress. 3E.MS1

2 Performs stress-reducing activities such as yoga, deep breathing, and progressive muscle relaxation. 3E.MS2

The physically literate individual exhibits responsible personal and social behavior that respects self and others. 4

A Demonstrating Personal Responsibility 4A

1 Assumes responsibility for improving their personal fitness. 4A.MS1

2 Respects others by using self-management skills to adjust behavior as necessary. 4A.MS2

B Accepting/Providing Feedback 4B

1 Utilizes corrective feedback from teacher and peers. 4B.MS1

C Working with Others 4C

1 Accepts peers with different ideas, cultural background, and body types in physical activities. 4C.MS1

2 Resolves conflict in a variety of class settings. 4C.MS2

D Following Rules and Etiquette 4D

1 Officiates modified physical activities and games utilizing appropriate rules and etiquette. 4D.MS1

2 Follows guidelines for completing group or individual projects (e.g. designing games, creating dance routines, etc.). 4D.MS2

E Safety 4E

1 Recognizes safety concerns associated with particular activities and makes choices to protect self and others from injury. 4E.MS1

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. 5

A Health 5A

1 Expresses interest in specific activities based on personal health goals 5A.MS1

B Challenge 5B

1 Demonstrates appropriate response to challenging physical activities (e.g. increased effort, asking for help, modifying the activity, etc.). 5B.MS1

C Self-expression and Enjoyment 5C

1 Participates in physical activity that allow for self-expression and enjoyment (e.g. dance, gymnastics, etc.). 5C.MS1

2 Supports others' enjoyment of physical activity by demonstrating respect for differences, fair play, conflict resolution and sportsmanship. 5C.MS2

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ɔocial Interaction 5D

1. Expresses a desire to interact with others socially through sports and games. 5D.MS1
2. Demonstrates responsible social behavior and appropriate relationships with peers in physical activity settings. 5D.MS2