

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, principles, strategies and tactics related to

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}
- 2 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

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

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
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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
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B Accepting/Providing Feedback 4B

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

- 1 Recognizes safety concerns associated with particular activities and makes choices to protect self and others from injury. 4E.MS1
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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
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B Challenge 5B

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