

Grades 6-8

Develops a variety of motor skills: Through learning experiences in physical education, the student develops motor skills across a variety of environments. Motor skills are a foundational part of child development and support the movements of everyday life. The development of motor skills contributes to an individual's physical literacy journey. [1](#)

- 1 Demonstrates locomotor, non-locomotor and manipulative skills in a variety of outdoor activities (e.g., frisbee golf, orienteering, hiking).** [1.8.1](#)

- 2 Demonstrates movement sequences within varied dance forms.** [1.8.2](#)

- 3 Demonstrates appropriate form in a variety of health-related fitness activities.** [1.8.3](#)

- 4 Demonstrates appropriate form in a variety of skill-related fitness activities.** [1.8.4](#)

- 5 Demonstrates a striking motion with a long-handled implement.** [1.8.5](#)

- 6 Demonstrates a correct rolling and throwing (underhand, sidearm, overhand) technique in a variety of practice tasks and modified target games.** [1.8.6](#)

- 7 Demonstrates striking a self-tossed/pitched ball with an implement to open space in a variety of practice tasks and small-sided games.** [1.8.7](#)

- 8 Demonstrates a proper catch with or without an implement in a variety of practice tasks and small-sided games.** [1.8.8](#)

- 9 Demonstrates throwing for accuracy, distance and power in a variety of practice tasks and small-sided games.** [1.8.9](#)

- 10 Demonstrates a proper underhand and overhand serve using the hand in a variety of practice tasks and modified small-sided games.** [1.8.10](#)

- 11 Demonstrates a proper underhand and overhand serve using a short or long-handled implement in a variety of practice tasks and modified small-sided games.** [1.8.11](#)

- 12 Demonstrates the correct form of a forehand and backhand stroke with a short-handled and long-handled implement in a variety of practice tasks and modified small-sided games.** [1.8.12](#)

- 13 Demonstrates a volley using a short-handled and long-handled implement in a variety of practice tasks and modified net and wall games.** [1.8.13](#)

- 14 Demonstrates sending and receiving in combination with locomotor skills in a variety of small-sided games.** [1.8.14](#)

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- 15 Demonstrates a dribbling skill in a variety of practice tasks and small-sided games. 1.8.15**

 - 16 Demonstrates dribbling an object with an implement in a variety of practice tasks and small-sided games. 1.8.16**

 - 17 Demonstrates a shot on goal with and without an implement in a variety of practice tasks and small-sided games. 1.8.17**

 - 18 Demonstrates multiple techniques to create open space during a variety of practice tasks and small-sided games (offense). 1.8.18**

 - 19 Demonstrates a defensive ready position in a variety of practice tasks and small-sided games. 1.8.19**

 - 20 Demonstrates water safety and basic swimming skills on dryland or in water 1.8.20**

Applies knowledge related to movement and fitness concepts: Through learning experiences in physical education, the student uses their knowledge of movement concepts, tactics and strategies across a variety of environments. This knowledge helps the student become a more versatile and efficient mover. Additionally, the student applies knowledge of health-related and skill-related fitness to enhance their overall well-being. The application of knowledge related to various forms of movement contributes to an individual's physical literacy journey. 2

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- 1 Identifies the effective use of movement concepts within multiple dynamic environments. 2.8.1**

 - 2 Demonstrates knowledge of offensive tactics to create space with movement in invasion games. 2.8.2**

 - 3 Demonstrates knowledge of reducing open space with movement and denial in invasion games. 2.8.3**

 - 4 Selects and applies the appropriate shot and technique in net and wall games. 2.8.4**

 - 5 Demonstrates knowledge of offensive tactics in striking and fielding games. 2.8.5**

 - 6 Demonstrates knowledge of defensive positioning tactics in striking and fielding games. 2.8.6**

 - 7 Demonstrates problem-solving skills in a variety of games and activities. 2.8.7**

 - 8 Applies knowledge of movement concepts for the purpose of varying different types of dances and rhythmic activities. 2.8.8**

 - 9 Identifies and compares the components of health and skill-related fitness. 2.8.9**

 - 10 Monitors personal physical activity goals based on a self-selected health-related fitness assessment. 2.8.10**

 - 11 Implements the principles of exercise (FITT, progression, overload and specificity) for different types of physical activity. 2.8.11**

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- 12** Applies knowledge of skill-related fitness to different types of physical activity. 2.8.12

 - 13** Explains the relationship of aerobic fitness and rate of perceived exertion (RPE Scale) to physical activity effort. 2.8.13

 - 14** Applies knowledge of dynamic and static stretching to exercise in warm-up, cool-down, flexibility, endurance, physical activities, etc. 2.8.14

 - 15** Demonstrates knowledge of heart rate and describes its relationship to aerobic fitness. 2.8.15

 - 16** Identifies ways to be physically active. 2.8.16

 - 17** Examines how rest impacts the body's response to physical activity 2.8.17

 - 18** Analyzes the critical elements of skill performance. 2.8.18

 - 19** Evaluates usefulness of technology tools to support physical activity and fitness goals. 2.8.19

 - 20** Explains the relationships among nutrition, physical activity and health factors. 2.8.20

 - 21** Demonstrates knowledge of safety protocols in teacher-selected outdoor activities. 2.8.21

 - 22** Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills. 2.8.22
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Develops social skills through movement: Through learning experiences in physical education, students develop the social skills necessary to exhibit empathy and respect for others and foster and maintain relationships. In addition, students develop skills for communication, leadership, cultural awareness and conflict resolution in a variety of physical activity settings. 3

- 1** Understands and accepts others' differences during a variety of physical activities. 3.8.1

- 2** Demonstrates consideration for others and contributes positively to the group or team. 3.8.2

- 3** Uses communication skills to negotiate strategies and tactics in a physical activity setting. 3.8.3

- 4** Implements constructive feedback from peers when prompted and supported by the teacher. 3.8.4

- 5** Provides constructive input to others when prompted and supported by the teacher. 3.8.5

- 6** Explain the cultural significance (e.g., geographic, economic, social factors) of a specific physical activity and its impact on community, tradition and identity. 3.8.6

7 Demonstrates the ability to follow game rules in a variety of physical activity situations. 3.8.7

8 Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment. 3.8.8

9 Solves problems amongst teammates and opponents. 3.8.9

10 Applies and respects the importance of etiquette in a physical activity setting. 3.8.10

11 Explains how communication, feedback, cooperation and etiquette relate to leadership roles. 3.8.11

Develops personal skills, identifies personal benefits of movement and chooses to engage in physical activity: Through learning experiences in physical education, the student develops an understanding of how movement is personally beneficial and subsequently chooses to participate in physical activities that are personally meaningful (e.g., activities that offer social interaction, cultural connection, exploration, choice, self-expression, appropriate levels of challenge and added health benefits). The student develops personal skills including goal setting, identifying strengths and reflection to enhance their physical literacy journey. 4

1 Describes how self-expression impacts individual engagement in physical activity. 4.8.1

2 Describes how social interaction impacts individual engagement in physical activity. 4.8.2

3 Participates in a variety of physical activities that can positively affect personal health. 4.8.3

4 Connects how choice and personal interests impact individual engagement in physical activity. 4.8.4

5 Examines individual and group challenges through movement. 4.8.5

6 Sets goals to participate in physical activities based on examining individual ability. 4.8.6

7 Examines opportunities and barriers to participating in physical activity outside of physical education class. 4.8.7

8 Utilizes a variety of techniques to manage one's emotions and behaviors in a physical activity setting. 4.8.8

9 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. 4.8.9
