Physical Education: Grade 6-8

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Movement and Rhythm

Emerging

1 Demonstrates rhythmic movement and patterns with emphasis in keeping the beat. 1.1

Maturing

2 Demonstrates rhythmic movement and patterns for different dances and activities. 1.1

Applying

3 Exhibits command of rhythm and timing by creating a movement sequence as an individual or in a group. 1.1

Game and Sport Skills

Emerging

1 Uses specialized skills that are refined and appropriate for modified game play. 1.2

Maturing

2 Demonstrates complex combinations of movements specific to at least two game, sport, or physical activities. 1.2

Applying

3 Executes complex combinations of movements specific to at least two game, sport, or physical activities. 1.2

Offensive and Defensive Skills

Emerging

1 Demonstrates basic offensive and defensive movement skills for games, sports or physical activities. 1.3

Maturing

2 Performs basic offensive and defensive movement skills for games, sports or physical activities. 1.3

Applying

3 Applies offensive and defensive movement skills for at least two games, sports or physical activities that contribute to successful participation. 1.3

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Lifetime Activities

Emerging

1 Demonstrates basic skills in individual performance or outdoor lifetime activities. 1.4

Maturing

2 Performs basic skills in individual performance or outdoor lifetime activities. 1.4

Applying

3 Applies skills in at least two individual performance or outdoor lifetime activities that contribute to successful participation. 1.4

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance. PE.2

Movement Concepts

Emerging

1 Applies advanced movement concepts to enhance game play/activities. 2.1

Maturing

2 Applies concepts from other content areas (i.e. physics, geometry) to movement skills. 2.1

Applying

3 Utilizes complex movement principles to evaluate and improve performance. 2.1

Strategies and Tactics

Emerging

1 Explains when and why strategies and tactics are utilized in game play and activities. 2.2

Maturing

2 Demonstrates game strategies and tactics at appropriate times and using appropriate methods. 2.2

Applying

3 Applies appropriate game strategies and tactics during game play and activities. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of ph fitl

Health-Related Fitness and Exercise.

Emerging

1 Demonstrates body positioning and/or technique when performing muscle strength, muscle endurance, and flexibility exercises. Identifies and/or classifies exercises and physical activities for each health-related fitness components 3.1

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Maturing

2 Demonstrates proper body positioning and/or technique when executing muscle strength, muscle endurance, and flexibility exercises while engaged in health-related fitness activities (ex. Tabata, exercise circuit, etc.). Maintains a pace while walking, jogging, or running. 3.1

Applying

3 Creates simple exercise routines and records workout data in a simple log. 3.1

Skill-Related Fitness and Training

Emerging

1 Lists, defines, and explains skill-related fitness components and uses components in exercises and/or games. 3.2

Maturing

2 Demonstrates improvements in skill-related fitness exercises 3.2

Applying

3 Creates a skill-related fitness exercise circuit and records data in a personal log 3.2

Training Principles for Fitness and Sport

Emerging

1 Uses training principles to improve fitness or sport performance. 3.3

Maturing

2 Uses measurement tools to identify intensity of exercise or activity 3.3

Applying

3 Examines fitness data to improve fitness or sport performance 3.3

Health-related and/or sport training and/or fitness plan

Emerging

1 Engages/follows a teacher created exercise plan demonstrating proper posture and technique when performing exercises. 3.4

Maturing

2 Designs and implements a personal fitness plan based on fitness or sport goals for physical education. 3.4

Applying

3 Designs and implements a personal fitness plan for home based on fitness or sport goals. 3.4

Fitness, Sport, and Technology

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Emerging

1 Uses teacher-directed technology tools to engage in health-related fitness activities for skill practice or for enjoyment. 3.5

Maturing

2 Uses teacher-directed fitness-related technology tools to measure physical activity and/or practice lesson objectives. 3.5

Applying

3 Selects and uses technology tools to monitor exercise programs or uses video resources to gain ideas to create a new exercise plan. 3.5

Physical Activity, Community,

Emerging

1 Identifies and/or participates in physical activities at school, home, and/or in the community 3.6

Maturing

2 Participates in physical activities at school, home, and/or in the community 3.6

Applying

3 Creates a plan to be active at home or in community activities. 3.6

Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4

Personal Responsibility

Emerging

1 Exhibits personal responsibility by using appropriate strategies to seek greater independence from adults, and reinforce positive behaviors, when completing assigned tasks. 4.1

Maturing

2 Demonstrates personal responsibility by using a variety of appropriate strategies to seek greater independence from adults, and reinforce positive behaviors, when completing assigned tasks. 4.1

Applying

3 Demonstrates personal responsibility by working independently from adults. Consistently applies strategies to reinforce positive behaviors when completing assigned tasks. 4.1

Cooperative Skills

Emerging

1 Uses well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations. Analyzes conflicts that arise in competitive activities to determine the most appropriate ways of resolving the conflicts. 4.2

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Maturing

2 Contrasts between appropriate and inappropriate strategies for communicating ideas and feelings. Understands the role of diversity in physical activity, respecting limitations and strengths of members of a variety of groups. 4.2

Applying

3 Exemplifies well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations. Compares factors in different cultures and/or social settings that influence the choice of physical activity. 4.2

Rules, Etiquette, and Safety

Emerging

1 Uses safe practices when engaging in physical education activities without prompting. 4.3

Maturing

2 Uses safe practices when engaging in physical education activities without prompting. 4.3

Applying

3 Uses safe practices when engaging in physical education activities without prompting. 4.3

Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5

Health

Emerging

1 Identifies and compare health benefits and physical activities 5.1

Maturing

2 Describes how different types of physical activity exert a positive impact on health and improve the quality of life. 5.1

Applying

3 Explains the connections between health-related fitness and overall physical and mental health, and the positive impacts on the quality of life. 5.1

Challenge

Emerging

1 Applies strategies for overcoming individual challenges in a physical activity setting. 5.2

Maturing

2 Uses positive strategies when faced with a group challenge. 5.2

Applying

3 Applies strategies to overcome challenges in a physical activity. 5.2

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elf-expression and Enjoyment

Emerging

1 Describes how moving competently in a physical activity setting creates enjoyment. Identify how self-expression and physical activity are related. 5.3

Maturing

2 Identifies why self-selected physical activities create enjoyment Explain the relationship between self-expression and lifelong enjoyment through physical activity. 5.3

Applying

3 Discusses how enjoyment can be increased in self-selected physical activities. Identify and participate in an enjoyable activity that prompts individual self-expressions. 5.3

Social Interaction

Emerging

1 Demonstrates the importance of social interaction by following rules and encouraging others in various physical activities and games. 5.4

Maturing

2 Demonstrates the importance of social interaction by avoiding trash talk and playing in the spirit of activities and games. 5.4

Applying

3 Demonstrates importance of social interaction by asking for help and helping others in various physical activities and games 5.4