Nevada Physical Education

Grades 6, 7, 8

Adopted 2014

Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.

Locomotor and Nonlocomotor Movement

1. Apply locomotor and nonlocomotor movements into physical activities. 1.8.1

Manipulative Skills

2. Demonstrate manipulative skills in a variety of environments and under a host of conditions. 1.8.2

Motor Skills and Movement Patterns

3. Execute moderate and complex motor skills and movement patterns within physical activities. 1.8.3

Safety

4. Apply safe practices while participating in physical activities. 1.8.4

Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Concepts and Principles

1. Apply knowledge of the critical elements in specialized skills. 2.8.1

Strategies

2. Implement multiple strategies in physical activities. 2.8.2

Safety

3. Implement safe practices for self and others while participating in physical activities. 2.8.3

Participate regularly in physical activity.

Moderate to Vigorous Physical Activity

1. Engage in a variety of moderate to vigorous physical activities. 3.8.1

Establishing Healthy Activity Patterns and Values

2. Apply healthy activity patterns through participation in physical activity. 3.8.2

Self-Management Skills

3. Demonstrate opportunities at school for regular participation in physical activities. 3.8.3

Skip to main content

Achieves and maintains a health-enhancing level of physical fitness

Health-related Fitness Components

1. Develop a physical activity plan that includes training and conditioning principles to improve fitness. `4.8.1`

Physiological Effects & Benefits of Physical Fitness

2. Monitor physiological effects during various physical activities and intensity levels. `4.8.2`