North Carolina Physical Education

6-8 Grade Span

Motor Skills

1 **Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.** 6-8.MS.1

1 Demonstrate competency in specialized skills and combination skills for sports and games. PE.6-8.MS.1.1

2 Apply game strategies and tactics during game play. PE.6-8.MS.1.2

3 Demonstrate competency in specialized skills and/or combination skills for individual performance activities and/or outdoor pursuits. PE.6-8.MS.1.3

4 Perform various movement combinations that demonstrate an understanding of rhythm and coordination to the beat of music. PE.6-8.MS.1.4

5 Demonstrate correct technique for a variety of cardiorespiratory endurance, resistance training, and flexibility exercises. PE.6-8.MS.1.5

Movement Concepts

2 **Demonstrate understanding of concepts that apply to the learning and performance of movement.** 6-8.MC.2

1 Apply concepts and principles related to movement and performance in static or dynamic settings. PE.6-8.MC.2.1

2 Understand and apply game strategies and tactics at appropriate times and in appropriate ways. PE.6-8.MC.2.2

3 Demonstrate understanding of the proper form and the mechanics of various skills or sequences of movement to improve performance. PE.6-8.MC.2.3

Health-Related Fitness

3 **Demonstrate knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness.** 6-8.HF.3

1 Describe the FITT principle and training principles (frequency, intensity, time, type, overload, progression, specificity), and how they affect physical fitness for each of the five health-related fitness components. PE.6-8.HF.3.1

2 Summarize the potential short- and long-term physical, social, and emotional benefits of physical activity. PE.6-8.HF.3.2

3 Evaluate progress towards achieving physical activity and fitness guidelines. PE.6-8.HF.3.3

4 Participate in a variety of moderate to vigorous activities with the goal of accumulating at least 60 minutes of physical activity per day, either during or outside of school, at least 5 days per week. PE.6-8.HF.3.4

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Personal/Social Responsibility

4 Demonstrate responsible personal and social behavior that respects self and others. 6-8.PR.4

1 Demonstrate self-management, responsible decision making, and problem-solving skills in a physical activity setting. PE.6-8.PR.4.1

2 Demonstrate skills to work cooperatively within a group to establish and achieve group goals in physical activity settings. PE.6-8.PR.4.2

3 Apply relationship skills and strategies that promote team/group dynamics and inclusion. PE.6-8.PR.4.3

4 Implement the skills needed to avoid and resolve conflicts independently. PE.6-8.PR.4.4