Ohio Physical Education

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

A Demonstrates movement skills and patterns in a variety of individual performance activities and lifetime physical activities.

8.1 Demonstrates critical elements of specialized locomotor and non-locomotor skills across a variety 1.8.1

8.2 Performs movement sequences to music orrhythm within at least two dance forms (e.g., folk, 1.8.2

8.3 Demonstrates appropriate form in a variety of health-related (cardiorespiratory, muscular 1.8.3

8.4 Demonstrates offensive skills (e.g., creating open space) and defensive skills (e.g., sliding) during various practice tasks or small-sided games. 1.8.4

B Demonstrates critical elements of specialized manipulative skills in various settings.

8.5 Strikes an object with a long-handled implement, demonstrating correct critical elements in 1.8.5

8.6 Rolls or throws (underhand, sidearm, overhand) an object using correct technique and critical 1.8.6

8.7 Strikes and fields/catches an object with the foot, hand, or an implement in a variety of practice 1.8.7

8.8 Throws for accuracy, distance, and power in a variety of practice tasks or small-sided games. 1.8.8

8.9 Strikes using proper underhand and/or overhand serves with the hand or an implement in a variety 1.8.9

8.10 Performs a volley, forehand stroke, and backhand stroke with the hand or an implement, using 1.8.10

8.11 Demonstrates sending and receiving, dribbling, and shooting skills with the hand, foot, or an 1.8.11

8.12 Performs water safety skills. If a pool facility is available, performs water safety and basic swimming skills. 1.8.12

Applies knowledge related to movement and fitness concepts: Th ex

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A Applies knowledge of tactical concepts and performance principles in game-like settings.

.1 Explains the offensive tactics and strategies (e.g., when and where to move) and defensive tactics 2.8.1

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 healthrelated 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

8.2 Describes the offensive tactics and strategies (e.g., how to create space on the opponent's court) in 2.8.2

8.3 Describes the offensive tactics and strategies (e.g., how to find space in the field) and defensive 2.8.3

8.4 Identifies and selects correct decisions to facilitate problem-solving in a variety of games and activities. 2.8.4

B Demonstrates knowledge by explaining critical elements and biomechanical principles of specialized skills in fitness, sport/games, individual performance activities, and movement forms.

8.5 Identifies movement principles using knowledge of critical elements of specialized skills in fitness, 2.8.5

8.6 Analyzes movement using knowledge of critical elements for specialized skills across individual 2.8.6

8.7 Identifies and compares the components of health-related and skill-related fitness. 2.8.7

8.8 Selects and monitors physical activity goals based on a self-selected health-related 2.8.8

8.9 Implements the principles of exercise (FITT, progression, overload, and specificity) for various types 2.8.9

8.10 Applies principles of skill-related fitness in various types of school, home, and community 2.8.10

8.11 Explains how heart rate, aerobic fitness, and RPE Scale relate to physical activity effort. 2.8.11

8.12 Develops a plan that applies the principles of dynamic and static stretching during warm-up and 2.8.12

8.13 Identifies both moderate and vigorous physical activity opportunities at school, home, or in the 2.8.13

8.14 Examines how rest impacts the body's response to physical activity and well-being. 2.8.14

8.15 Analyzes skill performance by identifying critical elements of specialized skills in fitness, 2.8.15

8.16 Evaluates the usefulness of technology tools to support physical activity and fitness goals. 2.8.16

8.17 Identifies and analyzes the relationships between nutrition, physical activity, and health factors. 2.8.17

8.18 Identifies the safety protocols in outdoor activities. 2.8.18

8.19 Describes water safety and basic swimming skills. 2.8.19

De Skip to main content **)evelops and applies rules, safe practices, procedures, and social skills in physical**
thi **ıctivity settings.**
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

8.1 Follows game rules and etiquette and responds to winning and losing with respect and dignity 3.8.1

8.2 Recognizes and implements safe and appropriate behaviors during group physical activities, including equipment usage. 3.8.2

B Communicates effectively with others to promote respect and conflict resolution in physical activity settings.

8.3 Understands and accepts others' differences by showing cooperation and consideration during a 3.8.3

8.4 Values different physical activities from around the world. 3.8.4

8.5 Uses effective communication skills to negotiate strategies and tactics in a physical activity setting. 3.8.5

8.6 Gives and receives constructive feedback with peers in a positive manner. 3.8.6

8.7 Solves problems appropriately with teammates and opponents. 3.8.7

8.8 Chooses leadership roles by communicating, providing feedback, and cooperating effectively with teachers and peers. 3.8.8

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

A Makes a connection between participation in physical activity and physical, emotional, and intellectual health.

8.1 Describes how self-expression, choice, and personal interests impact individual engagement in 4.8.1

8.2 Examines opportunities and barriers to participating in physical activity outside of Physical 4.8.2

8.3 Recognizes and implements individual safety behaviors (e.g., spacing, understanding rules, use of equipment, hydration, injury prevention, sun protection) during physical activities. 4.8.3

B Discusses the positive impact of physical activity on one's life.

8.4 Describes how social and community interaction impacts individual engagement in physical 4.8.4

8.5 Participates in and describes a variety of physical activities that can positively affect personal 4.8.5

8.6 Discusses the challenging aspects of participating in individual and group physical activities. 4.8.6

8.7 Sets physical activity goals based on individual interests and abilities. 4.8.7

8.8 Uses various techniques to positively manage one's emotions and behaviors in a physical activity 4.8.8

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