



## Middle School P.E.

The goals of the middle school Physical Education program are to develop students' physical fitness and skills associated with various sports and games. It is also expected that students will develop an appreciation for the benefits of physical activity and a sense of good sportsmanship.

GRADE	1. MOTOR SKILLS	2. MOVEMENT CONCEPTS	3. PHYSICAL FITNESS
LEVEL	Standard 1.1 Demonstrate competency in movement forms	Standard 2.1 Demonstrate understanding of movement concepts	Standard 3.1 Achieve and maintain a health-enhancing level of physical fitness
<b>GRADES</b>  <b>6 - 8</b>	1.1.1 Demonstrate, without cue, critical movement elements (mechanics, force, speed) in specialized skills related to sports  1.1.2 Combine skills competently to participate in modified games and activities	2.1.1 Identify and apply similar movement concepts and elements in a variety of sports skills  2.1.2 Detect and correct errors in personal or partner's skill  2.1.3 Make appropriate changes in performance based on feedback  2.1.4 Identify and use activities that provide practice of selected skills to improve performance (e.g. practice with non-dominant hand, practice specific game situations)  2.1.5 Use basic offensive and defensive strategies while playing modified versions of a sport  2.1.6 Identify and apply basic biomechanical principles (e.g. lowering the center of gravity and widening base of support increases stability)	3.1.1 Engage in activities that develop and maintain health-related fitness components: <ul style="list-style-type: none"> <li>• sustain cardiorespiratory endurance</li> <li>• develop muscular strength and endurance (e.g., weight training)</li> <li>• maintain or increases flexibility (full body/activity specific stretching)</li> </ul> 3.1.2 Interpret the results of physical fitness assessments and use it to develop a personal fitness program  3.1.3 Use the basic elements of training to improve physical fitness  3.1.4 Meet health-related fitness standards for age=appropriate level of standardized physical fitness tests