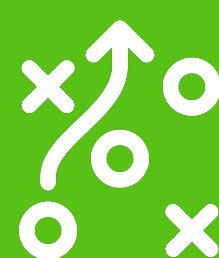


GRADES 6-8



Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

FUNDAMENTAL SKILLS	PE.6-8.1.1	Use mature (proper) movement forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics
MODIFIED/LEAD-UP GAMES AND ACTIVITIES	PE.6-8.1.2	Use combinations of movement forms in the context of modified games or activities, such as sports, dance, exercise, and gymnastics



Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

FUNDAMENTAL SKILLS	PE.6-8.2.1	Identify strategies to improve performance of movement skills
TEAM SPORTS	PE.6-8.2.2	Describe basic strategies for simple and modified activities
SAFETY AND PLAY ETIQUETTE	PE.6-8.2.3	Apply rules and etiquette for safe participation in physical activities



Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES	PE.6-8.3.1	Identify opportunities for physical activity outside of the physical education class
	PE.6-8.3.2	Participate regularly in moderate to vigorous physical activities to meet personal goals
	PE.6-8.3.3	Explain the relationship between a healthy lifestyle and regular participation in physical activities



Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

FITNESS AND CONDITIONING-RELATED ACTIVITIES	PE.6-8.4.1	Describe the principles of training and conditioning and how they affect the components of health-related fitness
	PE.6-8.4.2	Set goals for improving the components of personal health-related physical fitness

