

# Standard/ Benchmark Reference Sheet

## 6-8

### Standard 1: Movement Forms

#### Grade 6-8.1.1 Benchmark as written

PE.6-8.1.1: Use mature (proper) forms appropriately in the context of modified games or activities, such as sports, dance, exercise, and gymnastics

#### Grade 6-8.1.2 Benchmark as written

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

#### Grade 6-8.2.1 Benchmark as written

PE.6-8.2.1: Identify strategies to improve performance of movement skills

#### Grade 6-8.2.2 Benchmark as written

PE.6-8.2.2: Describe basic strategies for simple and modified activities

#### Grade 6-8.2.3 Benchmark as written

PE.6-8.2.3: Apply rules and etiquette for safe participation in physical activities

### Standard 3: Active Lifestyle

#### Grade 6-8.3.1 Benchmark as written

PE.6-8.3.1: Identify opportunities for physical activity outside of the physical education class

#### Grade 6-8.3.2 Benchmark as written

PE.6-8.3.2: Participate in moderate to vigorous physical activities to meet personal goals

#### Grade 6-8.3.3 Benchmark as written

PE.6-8.3.3: Explain the relationship between a healthy lifestyle and regular participation in physical activities

### Standard 4: Physical Fitness

#### Grade 6-8.4.1 Benchmark as written

PE.6-8.4.1: Describe the principles of training and conditioning and how they affect the components of health-related fitness

#### Grade 6-8.4.2 Benchmark as written

PE.6-8.4.2: Set goals for improving the components of personal health-related fitness