

ICS Middle School Physical Education Standards

The documents used in drafting these physical education standards include the North Dakota Physical Education Content and Achievement Standards, the National Standards for Physical Education, and the Ohio Department of Education Physical Education Standards.

Grade 6 - 8

1: Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.

<u>Grade 6</u>	<u>Grade 7</u>	<u>Grade 8</u>
6.1.a Demonstrate the elements of specialized locomotor and non-locomotor skills in team and individual physical activities.	7.1.a Demonstrate the elements of specialized locomotor and non-locomotor skills in team and individual physical activities.	8.1.a Demonstrate the elements of specialized locomotor and non-locomotor skills in team and individual physical activities.
6.1.b Demonstrate a variety of movement patterns in team and individual physical activities.	7.1.b Demonstrate a variety of movement patterns in team and individual physical activities.	8.1.b Demonstrate a variety of movement patterns in team and individual physical activities.
6.1.c Demonstrate specialized manipulative skills in a variety of physical activities.	7.1.c Demonstrate specialized manipulative skills in a variety of physical activities.	8.1.c Demonstrate specialized manipulative skills in a variety of physical activities.

2: Demonstrate understanding and use of movement concepts, principles, strategies, and tactics to learn and perform physical activities.

<u>Grade 6</u>	<u>Grade 7</u>	<u>Grade 8</u>
6.1.a Demonstrate understanding of basic tactical concepts and performance principles during physical activities	7.2.a Demonstrate understanding of basic tactical concepts and performance principles during physical activities	8.2.a Demonstrate understanding of decision-making tactical concepts and performance principles during physical activities
6.1.b Explain the elements of performance principles related to movement.	7.2.b Demonstrate specialized manipulative skills in a variety of physical activities.	8.2.b Demonstrate specialized manipulative skills in a variety of physical activities.
6.1.c Demonstrate understanding of basic biomechanical principles for specialized skills.	7.2.c Demonstrate understanding of basic biomechanical principles for specialized skills, such as balance, coordination, and speed.	8.2.c Demonstrate understanding of basic biomechanical principles for specialized skills, such as range of motion, force, speed, and, center of gravity.

Updated February 2009

3: Participate in regular physical activity.

<u>Grade 6</u>	<u>Grade 7</u>	<u>Grade 8</u>
6.3.a Identify the health benefits of physical activity and establish personal physical activity goals.	7.3.a Identify the health benefits of physical activity and establish personal physical activity goals.	8.3.a Describe long-term health benefits of physical activity and establish personal physical activity goals.
6.3.b Participate regularly in moderate to vigorous physical activity inside and outside of school.	7.3.b Participate regularly in moderate to vigorous physical activity inside and outside of school.	8.3.b Participate regularly in moderate to vigorous physical activity inside and outside of school.
6.3.c Identify opportunities for physical activity.	7.3.c Identify opportunities for physical activity.	8.3.c Select areas of interest that can meet physical activity needs.

4: Demonstrate understanding and use of fitness concepts to achieve and maintain a health-enhancing level of physical fitness.

<u>Grade 6</u>	<u>Grade 7</u>	<u>Grade 8</u>
6.4.a Demonstrate ways to monitor the body's response to physical activity.	7.4.a Analyze the body's physiological response to various physical activities.	8.4.a Analyze the body's physiological response to various physical activities and apply knowledge to improve health fitness.
6.4.b Set goals related to personal fitness assessment.	7.4.b Set goals related to personal fitness assessment.	8.4.b Set goals related to personal fitness assessment.
6.4.c Identify physical activities for the development and maintenance of physical fitness.	7.4.c Identify physical activities that improve each area of health fitness, such cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition.	8.4.c Identify physical activities that improve each area of health fitness, such cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition.
6.4.d Demonstrate understanding the components of physical fitness and participate in specific fitness activities.	7.4.d Demonstrate understanding the components of physical fitness and participate in specific fitness activities.	8.4.d Demonstrate understanding the components of physical fitness and participate in specific fitness activities.

5: Demonstrate responsible personal and social behavior in physical activity settings.

<u>Grade 6</u>	<u>Grade 7</u>	<u>Grade 8</u>
6.5.a Follow safety procedures during physical activities.	7.5.a Follow safety procedures during physical activities.	8.5.a Follow safety procedures during physical activities.
6.5.b Explain the importance of and apply rules, procedure, and etiquette in physical activities.	7.5.b Apply rules, procedures, and etiquette in physical activities.	8.5.b Apply rules, procedures, and etiquette in physical activities.
6.5.c Demonstrate appropriate communication skills during physical activities.	7.5.c Demonstrate appropriate communication skills during physical activities, including conflict resolution skills.	8.5.c Demonstrate respect for others during physical activities and resolve conflict in a Christ-like manner.

6: Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<u>Grade 6</u>	<u>Grade 7</u>	<u>Grade 8</u>
6.6.a Pursue an energetic, wholesome, productive life by participating in a variety of physical activities for physical and social well-being.	7.6.a Pursue an energetic, wholesome, productive life by participating in a variety of physical activities for physical and social well-being.	8.6.a Pursue an energetic, wholesome, productive life by participating in a variety of physical activities for physical and social well-being.
6.6.b Demonstrate perseverance in improving skills and tactics.	7.6.b Demonstrate perseverance in improving skills and tactics.	8.6.b Determine appropriate level of challenge and demonstrate perseverance in improving skills and tactics.
6.6.c Identify and participate in physical activities that promote self-expression and provide social interaction.	7.6.c Identify and participate in physical activities that promote self-expression and provide social interaction.	8.6.c Identify and participate in physical activities that promote self-expression and provide social interaction.