

# Grades 6, 7, 8

Adopted 2014

**Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.**

## **Locomotor and Nonlocomotor Movement**

1. Apply locomotor and nonlocomotor movements into physical activities. 1.8.1
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## **Manipulative Skills**

2. Demonstrate manipulative skills in a variety of environments and under a host of conditions. 1.8.2
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## **Motor Skills and Movement Patterns**

3. Execute moderate and complex motor skills and movement patterns within physical activities. 1.8.3
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## **Safety**

4. Apply safe practices while participating in physical activities. 1.8.4
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**Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.**

## **Concepts and Principles**

1. Apply knowledge of the critical elements in specialized skills. 2.8.1
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## **Strategies**

2. Implement multiple strategies in physical activities. 2.8.2
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## **Safety**

3. Implement safe practices for self and others while participating in physical activities. 2.8.3
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**Participate regularly in physical activity.**

## **Moderate to Vigorous Physical Activity**

1. Engage in a variety of moderate to vigorous physical activities. 3.8.1
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## **Establishing Healthy Activity Patterns and Values**

2. Apply healthy activity patterns through participation in physical activity. 3.8.2
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## **Self-Management Skills**

3. Demonstrate opportunities at school for regular participation in physical activities. 3.8.3
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**Achieves and maintains a health-enhancing level of physical fitness**

### **Health-related Fitness Components**

1. Develop a physical activity plan that includes training and conditioning principles to improve fitness. 4.8.1
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### **Physiological Effects & Benefits of Physical Fitness**

2. Monitor physiological effects during various physical activities and intensity levels. 4.8.2