

## Physical Education Grade 6

- \_\_\_\_\_ Demonstrate correct form when performing Loco-Motor and non- Loco Motor skills in team and individual sports and activities. PE-6-01
- \_\_\_\_\_ Analyze and attempt to exhibit the efficient vs. inefficient biomechanical principles of movement. PE-6-02
- \_\_\_\_\_ Demonstrate an understanding of rules and game play. PE-6-03
- \_\_\_\_\_ Work safely and cooperatively with others while performing skills and using equipment. PE-6-04
- \_\_\_\_\_ Develop knowledge of offensive, defensively, and cooperate strategies in sports, activities and games. PE-6-05
- \_\_\_\_\_ Perform regularly in healthy physical activities that benefits cardiovascular fitness, flexibilities, muscular strength and endurance. PE-6-06
- \_\_\_\_\_ Perform and access individual fitness levels through Presidential Fitness Test or Fitness Gram and evaluating and discussing these scores throughout the school year. PE-6-07
- \_\_\_\_\_ Set a realistic personal goal based on the outcomes of the physical fitness tests. PE-6-08
- \_\_\_\_\_ Recognizing and demonstrating responsibility for own actions during individual and group activities. PE-6-09
- \_\_\_\_\_ Following safety rules and demonstrates the ability to stay on tasks during the allowed time in the physical activity. PE-6-10
- \_\_\_\_\_ Recognize, respect individual differences and work cooperatively with others in performing in group activities. PE-6-11

## Physical Education Grade 7

- \_\_\_\_\_ Demonstrate refined correct form and skills, when performing in game like situations, sports and activities. PE-7-01
- \_\_\_\_\_ Demonstrate the efficient vs. inefficient biomechanical principles of movement. PE-7-02
- \_\_\_\_\_ Demonstrate specific knowledge of rules and game play. PE-7-03
- \_\_\_\_\_ Work safely and cooperatively with others while performing skills and using equipment. PE-7-04
- \_\_\_\_\_ Apply knowledge of offensive, defensive, and cooperative strategies in sports, activities and games. PE-7-05
- \_\_\_\_\_ Discuss the effects of physical activities on current, future health and participate in on going physical activities that maintain or improve individual fitness levels. PE-7-06
- \_\_\_\_\_ Perform and access individual fitness levels through Presidential Fitness Test of Fitness Gram and evaluate and discussing the scores throughout the school year. PE-7-07
- \_\_\_\_\_ Set realistic personal goals based on the out comes of the physical fitness test. PE-7-08
- \_\_\_\_\_ Recognizing and demonstrating individual responsibilities for own actions during individual and group activities. PE-7-09
- \_\_\_\_\_ Follow safety rules and demonstrates the ability to stay on tasks during the allowed time in the physical activity. PE-7-10
- \_\_\_\_\_ Explain and demonstrate, respect for individual differences and work cooperatively with others in performing in group activities. PE-7-11

## Physical Education Grade 8

- \_\_\_\_\_ Critique and evaluate refined forms and skills while performing in game like situations, sports and activities, in self and others. PE-8-01
- \_\_\_\_\_ Critique and evaluate the efficient vs. inefficient biomechanical principles of movement, of others. PE-8-02
- \_\_\_\_\_ Apply rules to situations in games, activities and sports. PE-8-03
- \_\_\_\_\_ Work safely and cooperatively with others while performing skills and using equipment. PE-8-04
- \_\_\_\_\_ Critique and evaluate the knowledge of offensive, defensive, and cooperate strategies in sports, activities and games. PE-8-05
- \_\_\_\_\_ Critique and evaluate effects on physical activities and the relationship between fitness and performance. PE-8-06
- \_\_\_\_\_ Perform and access individual fitness levels through Presidential Fitness Test or Fitness Gram and evaluating and discussing the scores through out the school year. PE-8-07
- \_\_\_\_\_ Set realistic short term and long term personal goals based on the outcomes of the physical fitness test. PE-8-08
- \_\_\_\_\_ Recognizing and demonstrating responsibilities for own actions during individual and group activities. PE-8-09
- \_\_\_\_\_ Following safety rules and demonstrates the ability to stay on task during the allowed time and recognize the role in individual plays in group activities. PE-8-10
- \_\_\_\_\_ Demonstrate and evaluate respect for the performance of others and work cooperatively with others in performing in group activities. PE-8-11