

MIDDLE SCHOOL LEVEL

SPIRITUAL GOAL

STANDARD 1 Students will appreciate God's gift of good health and physical fitness.		
Sixth Grade	Seventh Grade	Eighth Grade
OBJECTIVE Practice rules of healthful living. Respect the sanctity of the body by dressing and acting in a dignified manner. Keep rules and practice honesty, loyalty, and self-control. Learn to accept success or failure graciously	OBJECTIVE Practice rules of healthful living. Respect the sanctity of the body by dressing and acting in a dignified manner. Keep rules and practice honesty, loyalty, and self-control. Learn to accept success or failure graciously.	OBJECTIVE Practice rules of healthful living. Respect the sanctity of the body by dressing and acting in a dignified manner. Keep rules and practice honesty, loyalty, and self-control. Learn to accept success or failure graciously

SOCIAL AND EMOTIONAL

STANDARD 2 Students will demonstrate respect for self and others through responsible participation in physical activities.		
Sixth Grade	Seventh Grade	Eighth Grade
<p>Demonstrate sportsmanship and a sense of fair play.</p> <p>Demonstrate an awareness of safe practice in all activities – indoors and out.</p> <p>Accept referee decisions.</p> <p>Demonstrate conflict management skills; e.g., identify behaviors which might create conflict situations, predict consequences of conflict, hypothesize acceptable methods for managing conflict.</p> <p>Demonstrate group problem solving; e.g., assign player positions to utilize strengths, determine playing order, and modify activities to accommodate additional players</p> <p>Demonstrate sportsmanship and a sense of fair play.</p>	<p>Demonstrate sportsmanship and a sense of fair play.</p> <p>Demonstrate an awareness of safe practice in all activities – indoors and out.</p> <p>Accept referee decisions.</p> <p>Demonstrate conflict management skills; e.g., identify behaviors which might create conflict situations, predict consequences of conflict, hypothesize acceptable methods for managing conflict.</p> <p>Demonstrate group problem solving; e.g., assign player positions to utilize strengths, determine playing order, and modify activities to accommodate additional players</p> <p>Demonstrate sportsmanship and a sense of fair play.</p>	<p>Demonstrate sportsmanship and a sense of fair play.</p> <p>Demonstrate an awareness of safe practice in all activities – indoors and out.</p> <p>Accept referee decisions.</p> <p>Demonstrate conflict management skills; e.g., identify behaviors which might create conflict situations, predict consequences of conflict, hypothesize acceptable methods for managing conflict.</p> <p>Demonstrate group problem solving; e.g., assign player positions to utilize strengths, determine playing order, and modify activities to accommodate additional players</p> <p>Demonstrate sportsmanship and a sense of fair play.</p>

MOTOR SKILLS

STANDARD 3 Students will apply movement concepts and principles to enhance motor skill development.		
Sixth Grade	Seventh Grade	Eighth Grade
<p>OBJECTIVES</p> <p>Demonstrate fundamental skills and strategies in basketball, volleyball, soccer, hockey, flag football, and softball, with increased improvement.</p> <p>Participate in a variety of movements</p>	<p>OBJECTIVES</p> <p>Demonstrate fundamental skills and strategies in basketball, volleyball, soccer, hockey, flag football, and softball, with increased improvement.</p> <p>Participate in a variety of movements.</p>	<p>OBJECTIVES</p> <p>Demonstrate fundamental skills and strategies in basketball, volleyball, soccer, hockey, flag football, and softball, with increased improvement.</p> <p>Participate in a variety of movements</p>

KNOWLEDGE

STANDARD 4 Students will apply knowledge using a variety of thinking skills in the physical activity setting.		
Sixth Grade	Seventh Grade	Eighth Grade
<p>OBJECTIVES</p> <p>Show, in written form, improved understanding of the rules and performance of skills for basketball, volleyball, soccer, hockey, flag football, and softball.</p> <p>Recognize that evaluation is an integral part of physical education and that it should aid in the improvement of performance.</p> <p>Understand the importance of physical activity for a healthy lifestyle.</p>	<p>OBJECTIVES</p> <p>Show, in written form, improved understanding of the rules and performance of skills for basketball, volleyball, soccer, hockey, flag football, and softball.</p> <p>Recognize that evaluation is an integral part of physical education and that it should aid in the improvement of performance.</p> <p>Understand the importance of physical activity for a healthy lifestyle.</p>	<p>OBJECTIVES</p> <p>Show, in written form, improved understanding of the rules and performance of skills for basketball, volleyball, soccer, hockey, flag football, and softball.</p> <p>Recognize that evaluation is an integral part of physical education and that it should aid in the improvement of performance.</p> <p>Understand the importance of physical activity for a healthy lifestyle.</p>

FITNESS

STANDARD 5 Students will achieve and maintain health-enhancing levels of physical fitness.		
Sixth Grade	Seventh Grade	Eighth Grade
<p>OBJECTIVES</p> <p>Participate in daily sustained physical activity to develop health-related physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength, and upper body strength).</p> <p>Identify exercise and activities that develop health-related physical fitness.</p> <p>Demonstrate “warm-up” and “cool-down” exercise before physical activities.</p> <p>Identify the benefits of physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p> <p>Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.</p> <p>Test (1 min.) on curl-ups, push-ups, pull-ups.</p>	<p>OBJECTIVES</p> <p>Participate in daily sustained physical activity to develop health-related physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength, and upper body strength).</p> <p>Identify exercise and activities that develop health-related physical fitness.</p> <p>Demonstrate “warm-up” and “cool-down” exercise before physical activities.</p> <p>Identify the benefits of physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p> <p>Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.</p> <p>Test (1 min.) on curl-ups, push-ups, pull-ups.</p>	<p>OBJECTIVES</p> <p>Participate in daily sustained physical activity to develop health-related physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength, and upper body strength).</p> <p>Identify exercise and activities that develop health-related physical fitness.</p> <p>Demonstrate “warm-up” and “cool-down” exercise before physical activities.</p> <p>Identify the benefits of physical fitness.</p> <p>Demonstrate health-related physical fitness skills (cardiovascular endurance, flexibility, abdominal strength and upper body strength).</p> <p>Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.</p> <p>Test (1 min.) on curl-ups, push-ups, pull-ups.</p>