



Physical Education  
Sixth-Seventh Grade

**1.0 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

1.1 Demonstrates an interest and ability to acquire skills to participate in a wide variety of fitness activities related to physical activities.

**2.0 Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.**

2.1 Values the relevance of flexibility, muscular strength and endurance, cardiovascular strength and endurance and core strength in relationship to physical activity.

2.2 Demonstrates a variety of strategies and tactics in regards to the success of team and individual activities.

**3.0 Participates in and maintains a health enhancing level of physical fitness.**

3.1 Willingly participates in a variety of physical activities.

3.2 Demonstrates the ability to meet personal physical activity needs and goals.

3.3 Self-assesses heart before, during, and after rigorous physical activity.

**4.0 Exhibits responsible personal and social behavior the respects self and others in physical activity settings.**

4.1 Makes responsible decisions about using time, applying time, applying rules, and following through when decisions are made.

4.2 Considers the consequences of various choices when confronted with negative peer pressure.

4.3 Through verbal and non-verbal behavior, demonstrates cooperation with peers of different race, gender, ethnicity, and ability in a physical activity setting.

**5.0 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

5.1 Recognizes physical activity as a positive opportunity for social and group interaction.

5.2 Seeks personally challenging experiences in physical activity opportunities.