

# PHYSICAL EDUCATION CHECKLIST GRADES 6-8

STUDENT \_\_\_\_\_ GRADE \_\_\_\_\_

## 1. Basic skills specific to games/ sports/ fitness activities

- Show consistency in skills specific to games and sports/activities.
  - Net/wall
  - Territory/invasion
  - Dance/rhythm
  - Fitness/cooperative
- Adapt and combine skills to the demands of increasingly complex situations of selected movement forms , e.g. stepping while striking.

## 2. Movements concepts

- Apply biomechanical principles to improve skill performance:
  - stability/balance
  - motion
  - leverage
  - force
- Understand and apply offensive and defensive strategies in a variety of game situations.
- Transfer and use movement and patterns within the categories of the movement forms.

## 3. Benefits of physical activity

- Understand and explain the physical, emotional, social, and cognitive benefits of physical activity.

## 4. Fitness goals

- Engage in physical activity to improve scores for each of the fitness components on the Fitnessgram.
- Self-evaluate his/her fitness improvement.
- Apply warm-up principles to all fitness activities.

## 5. Responsible personal and social behavior

- Use responsible decision-making in all physical activity settings.
- Wear safe, appropriate, and alternative clothing to participate in physical activities.
- Make responsible safety decisions to avoid
  - dehydration
  - over exertion
  - injury to self and others
- Communicate effectively with others to promote respect, tolerance, and conflict resolution in cooperative and competitive activities.