

Physical Education – grades 7 & 8
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

- 7-8.1 Demonstrates intermediate sport-specific skills for individual, dual, and team sports.
- 7-8.2 Demonstrates intermediate activity-specific skills for dance, rhythmical, and outdoor activities.
- 7-8.3 Demonstrates the use of strategies within sport activities.

Standard 2

- 7-8.4 Demonstrates an understanding of the principles of training and conditioning for specific physical activities.
- 7-8.5 Demonstrates an understanding of the critical elements of advanced movement skills.
- 7-8.6 Demonstrates an understanding of movement forms associated with highly skilled physical activities.
- 7-8.7 Understands when, why, and how to use strategies and tactics within game play.

Standard 3

- 7-8.8 Understands long-term physiological and psychological benefits of regular participation in physical activity.
- 7-8.9 Participates regularly in health-enhancing activities both during and outside of school.
- 7-8.10 Sets realistic physical activity goals and strives to attain them through activities of their own choosing.

Standard 4

- 7-8.11 Understands long-term physiological and psychological benefits of regular participation in physical activity.
- 7-8.12 Engages in more advanced activities that develop and maintain cardio-respiratory endurance, muscular strength and endurance, and flexibility.
- 7-8.13 Assesses personal fitness status for each of the above components and can set individual fitness goals based on this assessment.

Standard 5

- 7-8.14 Understands the importance of rules, procedures, and safe practice in physical activity settings.
- 7-8.15 Demonstrates well developed cooperation skills and are able to accomplish group/team goals.
- 7-8.16 Demonstrates a proper attitude towards both winning and losing.
- 7-8.17 Promotes character values such as trustworthiness, fairness, caring, citizenship, respect, and responsibility.