



# BROWNELL TALBOT

## Grades 6-8 Physical Education Standards

<b>PE.1 Physical Activity Skills and Movement Patterns</b>	
PE.1.1 Performs a variety of dance and rhythmic skills and activities with competency.	
PE.1.2 Performs a variety of invasion & field games skills and activities with competency	PE.1.2.a Throws with a mature pattern for distance, force, and speed in a variety of practice tasks
	PE.1.2.b Catches a variety of objects with a mature pattern
	PE.1.2.c Foot-dribbles with control, changing speed and directions, in a variety of practice tasks
PE.1.3 Performs a variety of net and wall game skills and activities with competency.	PE.1.3.a Performs a legal underhand serve.
PE.1.4 Performs a variety of target game skills and activities with competency.	PE.1.4.a Strikes a pitched ball with an implement with a mature pattern.
<b>PE.2 Movement Concepts, Strategies, and Tactics</b>	
PE.2.1 Applies knowledge of movement concepts, strategies, and tactics in invasion games.	PE.2.1.a Creates space through locomotor movements appropriate to the activity.
	PE.2.1.b Responds with appropriate locomotor movements while transitioning between offense and defense.
<b>PE.3 Health-Related Physical Activity and Fitness</b>	
PE.3.1 Demonstrates the knowledge and skill to achieve and maintain a health enhancing level of physical activity.	
PE.3.2 Engages in physical activity.	PE.3.2.a Participates in a variety of body weight strength and endurance fitness activities.
	PE.3.2.b Participates in a variety of lifetime recreational team sports, outdoor pursuits, and/or dance activities.
PE.3.3 Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.	PE.3.3.a Employs correct techniques and methods of stretching.
	PE.3.3.b Identifies the concepts of muscular strength exercises and the relationship between incorrect technique and injury.
<b>PE.4 Responsible Behavior</b>	
PE.4.4 Follows rules and demonstrates proper etiquette.	
PE.4.5 Participates safely in physical activities.	
<b>PE.5 Physical Activity Benefits</b>	
PE.5.1 Recognizes the benefits of physical activity for challenge.	PE.5.1.a Recognizes individual challenges in physical activity and copes in a positive way
PE.5.2 Recognizes the benefits of physical activity for social interaction.	PE.5.2.a Respects self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity