

PE and Health Standards: 5<sup>th</sup> through 8<sup>th</sup> grade

		5 <sup>th</sup> Grade	6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Understands concepts and uses skills	PE Skills	<ul style="list-style-type: none"> <li>• Demonstrates both one-handed and two-handed catches at different levels</li> <li>• Dribbles a ball with either alternating feet or hands while moving using mature motor pattern</li> <li>• Steps towards and makes contact with a moving object using a variety of equipment</li> <li>• Throws an object while showing trunk rotation and accuracy</li> <li>• Volleys a tossed object with a partner using hands, arms, or equipment with control</li> <li>• Continues to apply skills in game settings</li> <li>• Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity)</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates ball control while dribbling with right and left hand while moving and changing directions</li> <li>• Strikes a moving object with accuracy using a variety of equipment</li> <li>• Throws an object while showing trunk rotation and accuracy</li> <li>• Volleys an object using hands, arms, or equipment back and forth with a partner</li> <li>• Uses balancing skills in a variety of activities to enhance performance and safety</li> <li>• Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity)</li> </ul>	<ul style="list-style-type: none"> <li>• Transfers catching, kicking, and striking skills to a variety of lead-up games and activities</li> <li>• Dribbles a ball using right and left hand with control while moving and not looking at the ball</li> <li>• Throws an object at a moving target</li> <li>• Uses balancing skills in a variety of activities to enhance performance and safety</li> <li>• Demonstrates appropriate ways to transfer weight from feet to other body parts where required during physical activity</li> <li>• Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity)</li> </ul>	<ul style="list-style-type: none"> <li>• Transfers catching, striking, and kicking skills to a variety of sports, lead-up games, and activities</li> <li>• Dribbles a ball with both hands or feet in a game situation</li> <li>• Volleys an object using hands, arms, or equipment back and forth continuously with a partner</li> <li>• Uses balancing skills in a variety of activities to enhance performance and safety</li> <li>• Demonstrates appropriate ways to transfer weight from feet to other body parts where required during physical activity</li> <li>• Demonstrates appropriate jumping and landing during physical activity</li> <li>• Achieves and maintains a challenging level of health-related physical fitness (sustained moderate physical activity)</li> </ul>
	Health Skills	<ul style="list-style-type: none"> <li>• Knows the short and long term effects of tobacco use on the functioning of the body systems</li> <li>• Learns that the use of alcohol prior to the legal age is against the law, unhealthy, interferes with social, emotional and intellectual development and is clearly unacceptable</li> <li>• Develops an understanding of growth and development</li> <li>• Knows the physical and mental changes that occur during adolescence</li> </ul>	<ul style="list-style-type: none"> <li>• Defines, identifies and gives examples of the 6 components of fitness; muscle strength, muscle endurance, cardio-respiratory endurance, body composition, flexibility and stress management</li> <li>• Identifies the muscles associated with basic stretches</li> <li>• Defines a resting and active heart rate</li> <li>• Describes and identifies the physical, mental, emotional, social and sexual changes, which occur during puberty and understands</li> </ul>	<ul style="list-style-type: none"> <li>• Identifies and lists characteristics of a cardio-respiratory workout</li> <li>• Lists benefits of warming up and cooling down</li> <li>• Lists and defines three types of stretching</li> <li>• Lists and describes energy nutrients</li> <li>• Defines calorie burn</li> <li>• Understands how to use the food pyramid and its benefits</li> <li>• Knows the components of a food label</li> <li>• Practices refusal skills for</li> </ul>	<ul style="list-style-type: none"> <li>• Defines basic stretches and identifies the muscles associated to each</li> <li>• Defines and lists the symptoms, dangers, and consequences associated with eating disorders</li> <li>• Understands adolescent growth and development patterns</li> <li>• Lists ways to reduce the chances of becoming injured while exercising and the primary causes and preventative measures for common exercise-related injuries</li> <li>• Defines and gives examples of</li> </ul>

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	<ul style="list-style-type: none"> <li>• Begins to understand the term abstinence and the significance of saying “NO”</li> <li>• Understands the relationship between food, exercise and weight</li> <li>• Reviews the need for a variety of food in daily diet for good health</li> </ul>	<p>the accompanying responsibilities</p> <ul style="list-style-type: none"> <li>• Knows the physical and behavioral effects of drugs including alcohol, tobacco, and marijuana and their long-range adverse effects on the body and mind</li> <li>• Understands how to use the food pyramid and its benefits</li> </ul>	<p>inappropriate activities including the use of tobacco, alcohol and other drugs, sexual activity, and others</p>	<p>communicable and non-communicable diseases</p> <ul style="list-style-type: none"> <li>• Defines AIDS and HIV, how they are and not transmitted, and the symptoms of a symptomatic person</li> <li>• Knows the functions of the immune system</li> <li>• Knows the basic anatomy of the human heart and the warning signs of a heart attack</li> </ul>
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