



Browse Quality Core Curriculum Standards by subject

Subject: Physical Education**Grade: 6**Strand: Physical Education

- 1** **Topic:** Physical Fitness
Standard: Participates in fitness assessment (i.e., Fitness Gram) and developmentally appropriate health -related fitness activities for the purpose of improving skill performance and physical fitness.
- 2** **Topic:** Physical Fitness
Standard: Uses fitness assessment results to develop personal fitness goals.
- 3** **Topic:** Physical Fitness
Standard: Records heart rate before, during, and after vigorous physical activity.
- 4** **Topic:** Physical Fitness
Standard: Engages in physical activity at the target heart rate for a minimum of 20 minutes.
- 5** **Topic:** Physical Fitness
Standard: Works independently with minimal supervision in pursuit of personal fitness goals.
- 6** **Topic:** Physical Fitness
Standard: Develops a strategy for the improvement of selected fitness components.
- 7** **Topic:** Movement Concepts
Standard: Identifies principles of practice and conditioning that enhance performance in sports, lifetime activities, and track and field.
- 8** **Topic:** Movement Concepts
Standard: Identifies basic skills and safety procedures for outdoor pursuits (e.g., Project Adventure).
- 9** **Topic:** Movement Competencies
Standard: Demonstrates increasing competence in more advanced specialized skills (sports, track and field, and lifetime activities).
- 10** **Topic:** Movement Competencies
Standard: Performs complex educational gymnastics and dance sequences that combine basic movement concepts and skills.
- 11** **Topic:** Movement Competencies
Standard: Identifies and applies movement concepts appropriate for specialized skills in a variety of settings.
- 12** **Topic:** Self-Management
Standard: Identifies the purpose for and participates in the establishment of safe practices, procedures, and etiquette for a variety of activities.

Browse **Quality Core Curriculum Standards by subject****Subject: Physical Education****Grade: 7**

- 1** **Topic:** Physical Fitness
Standard: Participates in fitness assessment (e.g., Fitness Gram) and developmentally appropriate health -related fitness activities for the purpose of improving skill performance and physical fitness.
- 2** **Topic:** Physical Fitness
Standard: Uses fitness assessment results to develop a goal statement and plan for improving and maintaining flexibility.
- 3** **Topic:** Physical Fitness
Standard: Implements a personal fitness plan that applies basic training principles.
- 4** **Topic:** Physical Fitness
Standard: Describes the difference between health- and skill-related fitness.
- 5** **Topic:** Physical Fitness
Standard: Engages in physical activity at the target heart rate for a minimum of 20 minutes.
- 6** **Topic:** Movement Concepts
Standard: Demonstrates and applies advanced movement skills, rules and strategies in a variety of settings (lifetime activities, sports and track and field).
- 7** **Topic:** Movement Competencies
Standard: Performs complex educational gymnastics and dance sequences that combine advanced movement concepts and skills.
- 8** **Topic:** Movement Competencies
Standard: Identifies and applies basic skills and procedures necessary for outdoor pursuits (e.g., Project Adventure).
- 9** **Topic:** Movement Competencies
Standard: Identifies and applies principles of practice and conditioning that enhance performance, sports, lifetime activities, and track and field.
- 10** **Topic:** Self-Management
Standard: Chooses appropriate behavior to work productively with partner and in a group to accomplish goals in both cooperative and competitive activities. Responds with appropriate behaviors to discussions and conflict during competitive activities.

Browse **Quality Core Curriculum Standards by subject****Subject: Physical Education****Grade: 8**

- 1** **Topic:** Physical Fitness
Standard: Participates in fitness assessment (e.g., Fitness Gram) and developmentally appropriate health-related fitness activities for the purpose of improving skill performance and physical fitness.
- 2** **Topic:** Physical Fitness
Standard: Uses fitness assessment results to develop a goal statement and plan for improving and maintaining cardiovascular fitness and flexibility.
- 3** **Topic:** Physical Fitness
Standard: Implements personal plan for cardiovascular fitness and flexibility, and applies basic training principles.
- 4** **Topic:** Physical Fitness
Standard: Engages in physical activity at the target heart rate for a minimum of 20 minutes.
- 5** **Topic:** Physical Fitness
Standard: Interprets personal information from fitness test results to identify the fitness component of needing the most improvement.
- 6** **Topic:** Movement Competencies
Standard: Applies and analyzes advanced movement skills and strategies in a variety of complex settings including lifetime activities, sports, and track and field.
- 7** **Topic:** Movement Competencies
Standard: Designs and performs complex educational gymnastics, and dance sequences that combine complex movement concepts and skills.
- 8** **Topic:** Movement Competencies
Standard: Applies and assesses principles of practice and conditioning that enhance performance in sports, lifetime activities, track, and field.
- 9** **Topic:** Movement Competencies
Standard: Refines basic skills and procedures for outdoor pursuits (e.g., Project Adventure).
- 10** **Topic:** Self-Management
Standard: Demonstrates responsibility and cooperation to accomplish group and team goals in both cooperative and competitive activities.
- 11** **Topic:** Self-Management
Standard: Practices and applies rules and courtesies in physical activities. Determines personal and group conduct appropriate for engaging in physical activity. Distinguishes ethical and unethical behavior during participation in physical activity. Accepts and respects decisions made by game officials.