

6-7-8 Physical Education						
Movement Skills and Concepts	Strategy	Sportsmanship, Rules and Safety	Fitness, Sports and Physical Activity	Responsibility, Cooperation, Respect for Self and Others	Interdisciplinary Instruction	Special Units of Study
<p>Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings and applied settings.</p> <p>Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.</p> <p>Create and demonstrate</p>	<p>Demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities.</p> <p>Compare and contrast strategies used to impact individual and team effectiveness and make modifications for improvement.</p> <p>Assess effectiveness of specific mental strategies applied to improved performance.</p> <p>Analyze</p>	<p>Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.</p> <p>Apply rules and procedures for specific games, sports or other competitive activities and describe how they enhance participation and safety.</p> <p>Summarize types of equipment, products,</p>	<p>Analyze the social, emotional, and health benefits of selected physical experiences.</p> <p>Differentiate between skill related fitness and health related fitness.</p> <p>Relate Physical activity, healthy eating, and body composition to personal fitness, and health.</p> <p>Explain and apply the training principles of frequency, intensity, time, and type to</p>	<p>Explain and apply safe practices in school and the community.</p> <p>Know appropriate emergency responses.</p> <p>Describe and apply strategies to avoid or manage conflict and violence.</p> <p>Accept individual responsibility for safety during physical activity.</p> <p>Identify and describe positive and negative interactions of</p>	<p>Relate the origin and rules associated with certain games, sports, and dances to different cultures.</p> <p>Analyze the impact of different world cultures on present-day games, sports and dance.</p>	<p>Track and Field Day</p> <p>Dance</p> <p>Archery</p> <p>Low Ropes Course</p> <p>“Reveal” and Trust Activities</p> <p>Community 5K Run Event</p> <p>Cooperative Games</p>

<p>planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music.</p> <p>Use self-evaluation and external feedback to detect and correct errors in one's movement performance.</p>	<p>individual and team effectiveness in achieving a goal and make recommendations for improvement.</p>	<p>procedures, and rules that contribute to the safety of specific individual, small group, and team activities.</p>	<p>improve personal fitness.</p> <p>Incorporate topics in biomechanics</p> <p>Promote self, family and community fitness.</p>	<p>group members in physical activity.</p> <p>Cooperate with others.</p> <p>Follow directions of game or class activity.</p>		
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