

Physical Education Learning Objectives

Grade 6

Apply rules and safety procedures in physical activities.

Monitor individual heart rate before, during, and after physical activity with and without the use of technology.

Set realistic short and long term goals for health related fitness component.

Identify offensive, defensive, and cooperative strategies in selected activities and games.

Demonstrate control when performing combinations and sequences in locomotor and manipulative motor patterns.

Perform basic locomotor, non-locomotor movements and traditional dance forms and create simple dance sequences.

Grade 7

Apply rules and safety procedures in physical activities.

Identify the principles of training frequency, intensity, time, and type.

Identify opportunities within the community goals for a health-related fitness component.

Work cooperatively with others to achieve group goals in competitive and non-competitive situations.

Perform strategies of competitive sports: soccer, badminton, pickle-ball, and track.

Understand the sensory elements, organizational principles and expressive qualities of dance.

Grade 8

Apply rules and safety procedures in physical activities.

Compare and contrast efficient and inefficient movement patterns.

Evaluate the strengths and weaknesses of a personal fitness profile.

Apply the principles of training to health-related goals.

Perform strategies of competitive sports: basketball, volleyball, speedball, and track.

Demonstrate control, coordination, balance, elevation and accuracy in rhythmic response and awareness of choreographic form.