

Connecticut State Department of Education

Physical Education Standards

Middle School Grades 5-8

Essential Questions

Motor Skill Performance

What different ways can the body move given a specific purpose?

Applying Concepts and Strategies

How can I move effectively and efficiently?

Engaging in Physical Activity

What can I do to be physically active and why is this important?

Physical Fitness

Why is it important to be physically fit and how can I stay fit?

Responsible Behavior

How do I interact with others during physical activity?

Benefits of Physical Activity

How will physical activity help me now and in the future?

Physical Education Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will demonstrate developmentally mature form in the fundamental movement skills in combinations of closed and open environments.

Students will demonstrate developmentally mature applications combining locomotor, onlocomotor and manipulative skills to participate in developmentally appropriate movement and fitness activities.

Students will adapt and combine skills to meet the demands of increasingly dynamic environments.

Students will develop increasing competence in more advanced specialized skills.

Students will participate in a variety of individual, dual and team tasks, activities, creative movement, dance, play, games and sports.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that occur in increasingly more complex movement and game forms.

Students will use self, peer, teacher and technological resources to recognize and suggest performance improvements in self and others.

Students will demonstrate knowledge of rules, safety practices and procedures as they apply to an increasing range of movement situations.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will engage in an increased variety of moderate to vigorous developmentally appropriate physical activities on a regular basis.

Students will apply an understanding of the connections between the purposes of movements and their effect on fitness.

Students will apply the understanding of physical activity concepts to increasingly complex movement and game forms.

Students will engage in a variety of appropriate physical activities during and outside of school that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will demonstrate the skills and knowledge to assess levels of physical fitness and participate in activities that develop and maintain each component.

Students will assess physiological responses to exercise associated with one's level of physical fitness and nutritional balance.

Students will analyze the results of one or more components of health-related fitness.

Students will plan a wellness program demonstrating an understanding of basic exercise (e.g., frequency, intensity, duration) and nutritional principles designed to meet personal wellness goals.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and apply safe practices, rules, procedures, etiquette and good sportsmanship in all physical activity settings.

Students will continue to develop skills to participate productively in groups, in both cooperative and competitive activities.

Students will develop strategies for including all persons, despite individual differences, in physical activity settings.

Students will apply appropriate skills for resolving conflicts peacefully.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will make decisions about participating in different physical activities based on feelings and interests.

Students will use physical activity as a means of self and group expression.

Students will use physical activity as a positive opportunity for social and group interaction and development of leadership skills.

Students will realize that physical activity and challenges present opportunities for personal growth.

Students will value the skill competence that results from practice.

Students will demonstrate willingness to attempt a variety of new physical activities.