

## Physical Education

### Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

Grade 6				Grade 7				Grade 8			
<b>Games and Sports</b>											
<b>1. Throw</b>	Demonstrate mature pattern in a throw (underhand and overhand) for accuracy. PE1.1.6	Perform a throw (underhand and overhand) with mature pattern for distance and accuracy during small-sided game play. PE1.1.7	Apply a throw (underhand and overhand) with mature pattern for distance and accuracy during modified game play. PE1.1.8								
<b>2. Catch</b>	Demonstrate a catch with mature pattern from a variety of trajectories using different objects. PE1.2.6	Perform a catch with mature pattern with hands or an implement in small-sided game play. PE1.2.7	Apply a catch with mature pattern with hands or an implement in modified game play. PE1.2.8								
<b>3. Pass and Receive</b>	Demonstrate passing and receiving with hand, foot, or implement with competency while moving and changing direction and speed. PE1.3.6	Perform passing and receiving with hand, foot, or implement with competency (including leading pass) while moving and changing direction and speed in small-sided game play. PE1.3.7	Apply passing and receiving with an implement with competency (including leading pass) while moving, changing direction and speed and/or level in modified game play. PE1.3.8								
<b>4. Dribble</b>	Demonstrate dribbling skills with preferred hand, foot, or implement with competency while moving and changing direction and speed. PE1.4.6	Perform dribbling skills with preferred and nonpreferred hand, foot, or implement with competency while moving and changing direction and speed in small-sided game play. PE1.4.7	Apply dribbling skills with hand, foot, or implement with competency while changing direction, speed, or level in modified game play. PE1.4.8								
<b>5. Strike</b>	Demonstrate underhand and overhand striking with competency with and without an implement. PE1.5.6	Perform underhand and overhand striking with competency with and without an implement in small-sided game play. PE1.5.7	Apply underhand and overhand striking with competency with and without an implement in modified game play. PE1.5.8								
<b>6. Forehand and Backhand</b>	Demonstrate forehand and backhand strikes with competency using weight	Perform forehand and backhand strikes with competency using weight transfer	Apply forehand and backhand strikes with accuracy with a short- or long-handled								

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	transfer and correct timing with a short-handled implement. PE1.6.6	and correct timing with a long-handled implement in small-sided game play. PE1.6.7	implement using weight transfer and correct timing in a modified game. PE1.6.8
<b>7. Shoot</b>	Demonstrate shooting on goal or target with power and competency. PE1.7.6	Perform shooting on goal or target with power and accuracy in small-sided game play. PE1.7.7	Apply shooting on goal or target with power and accuracy in modified game play. PE1.7.8
<b>8. Serve</b>	Demonstrate an underhand serve with control, weight transfer, and competency. PE1.8.6	Perform an underhand and overhand serve with control, weight transfer, and competency in small-sided game play. PE1.8.7	Apply an underhand and overhand serve with control, weight transfer, and competency in modified game play. PE1.8.8
<b>9. Volley</b>	Demonstrate forehand-volley with control and competency with and without a short-handled implement. PE1.9.6	Perform forehand- and backhand-volleys with control and competency with and without a short- or long-handled implement in small-sided game play. PE1.9.7	Apply forehand- and backhand-volleys with control and competency with and without a short- or long-handled implement during modified game play. PE1.9.8
<b>10. Offensive Skills</b>	Demonstrate pivots and fakes without defensive pressure. PE1.10.6	Perform pivots and defensive pressure in small-sided game play. PE1.10.7	Apply pivots, fakes, and give-and-go during modified game play. PE1.10.8
<b>11. Defensive Skills</b>	Demonstrate defensive-ready position, with weight on balls of feet, arms extended, and eyes on midsection of the offensive player. PE1.11.6	Perform defensive positioning while moving without crossing feet in small-sided game play. PE1.11.7	Apply defensive positioning while moving without crossing feet during modified game play. PE1.11.8
<b>Lifetime Activities</b>			
<b>12. Individual-Performance Activities</b>	Demonstrate correct technique for basic skills in one selected individual-performance activity. PE1.12.6	Perform correct technique for a variety of skills in one selected individual-performance activity. PE1.12.7	Apply correct technique for a variety of skills in two selected individual-performance activities. PE1.12.8
<b>13. Outdoor Pursuits</b>	Demonstrate correct technique for basic	Perform correct technique for a variety of	Apply correct technique for a variety of

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Page   66	skills in one selected outdoor activity. PE1.13.6	skills in one selected outdoor activity. PE1.13.7	skills in two selected outdoor activities. PE1.13.8

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