

## Physical Education

**Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.**

	Grade 6	Grade 7	Grade 8
<b>1. Challenge</b>	Apply strategies for overcoming individual challenges in a physical activity setting. PE5.1.6	Use positive strategies when faced with a group challenge. PE5.1.7	Apply strategies to overcome challenges in a physical activity. PE5.1.8
<b>2. Self-Expression and Enjoyment</b>	Describe how moving competently in a physical activity setting creates enjoyment. PE5.2.6a Identify how self-expression and physical activity are related. PE5.2.6b	Identify why self-selected physical activities create enjoyment. PE5.2.7a Explain the relationship between self-expression and lifelong enjoyment through physical activity. PE5.2.7b	Discuss how enjoyment can be increased in self-selected physical activities. PE5.2.8a Identify and participate in an enjoyable activity that prompts individual self-expression. PE5.2.8b
<b>3. Social Interaction</b>	Demonstrate importance of social interaction by following rules and encouraging others in various physical activities and games. PE5.3.6	Demonstrate importance of social interaction by avoiding trash talk and playing in the spirit of activities and games. PE5.3.7	Demonstrate importance of social interaction by asking for help and helping others in various physical activities and games. PE5.3.8

Physical education teachers should provide a variety of age-appropriate and grade-level opportunities for students to demonstrate skill development and competency. They should not, however, use the standards to compare students. The standards and outcomes consider differences in cultural norms and access to resources outside of school and include alternative activities to engage students. The standards include modifications and adaptations for students with disabilities based on the *Adapted Physical Education National Standards*. Physical education teachers may modify terminology when implementing the standards to ensure that students understand the concepts. The Physical Education Glossary contains definitions for many of the terms used in the standards and outcomes.