

6,7,8 Physical Education Georgia Performance Standards

<p>PE6.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.</p> <p>a. Performs complex movement patterns used in small-sided game situations.</p> <p>b. Performs specialized manipulative skills in an applied setting to include throwing and catching.</p> <p>c. Performs advanced rhythm sequences that combine movement, complex concepts and skills.</p>
<p>PE6.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>a. Identifies concepts that apply to the movement and sports skills being practiced.</p> <p>b. Knows the difference between massed and distributed practice and the advantages of each.</p> <p>c. Describes basic strategies for offense and defense in small sided game play.</p> <p>d. Identifies steps correctly to perform a rhythmic pattern.</p>
<p>PE6.3: Participates regularly in physical activity.</p> <p>a. Identifies opportunities in school and community to be physically active.</p> <p>b. Participates in a variety of activities that result in a physically active lifestyle.</p>
<p>PE6.4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>a. Participates in criterion-referenced fitness assessments (e.g. Fitnessgram) with close teacher guidance and supervision and identifies ways to improve flexibility.</p> <p>b. Identifies the basic principles of training to improve physical fitness.</p> <p>c. Participates in activities designed to improve or maintain flexibility.</p>
<p>PE6.5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p>a. Participates responsibly by following rules and making appropriate decisions.</p> <p>b. Identifies and demonstrates safe practices in the physical education setting.</p> <p>c. Identifies the importance of etiquette in physical activity.</p>
<p>PE6.6: Values physical activity for health, enjoyment, challenge, self expression, and/or social-interaction.</p> <p>a. Selects and evaluates physical activities to participate in for social interaction and continued personal growth.</p> <p>b. Analyzes the relationship between inactivity and cancer.</p>

<p>PE7.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.</p> <p>a. Performs specialized manipulative skills in an applied setting to include striking and kicking.</p> <p>b. Creates rhythm sequences that combine complex movement concepts and skills.</p> <p>c. Performs a movement sequence in a physical activity or game.</p>
<p>PE7.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p>a. Explores basic physics concepts such as action-reaction, trajectory, levers, and linear velocity that are important in sports activities. Examples:</p> <p>b. Identifies and predicts the open person concept in team sports activities.</p> <p>c. Describes and demonstrates the difference between person to person and zone defenses in invasion games.</p>
<p>PE7.3: Participates regularly in physical activity.</p> <p>a. Accumulates recommended amount of physical activity daily in and outside of the physical education setting on a regular basis.</p> <p>b. Identifies places in the community where the activities and sports learned in class can be played and enjoyed.</p>
<p>PE7.4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>a. Uses results from a criterion-referenced fitness assessment (e.g. Fitness gram) to monitor improvement.</p> <p>b. With teacher assistance, student develops a plan for improving cardio- respiratory endurance.</p> <p>c. Assesses physiological indicators of exercise during and after physical activity designed to improve or maintain cardio respiratory endurance.</p>
<p>PE7.5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p>a. Demonstrates cooperation with peers of different gender, race, ethnicity, and/or ability in a physical activity setting.</p> <p>b. Remains on task without close supervision.</p>
<p>PE 7.6: Values physical activity for health, enjoyment, challenge, self expression, and/or social-interaction.</p> <p>a. Participates in health enhancing activities for personal challenge.</p> <p>b. Willingly tries new activities.</p>

<p>PE8.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p>a. Performs specialized manipulative skills in an applied setting to include dribbling and passing.</p> <p>b. Performs movement skills in complex activity settings.</p> <p>c. Demonstrates use of tactics in small-sided games.</p>
<p>PE8.2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities</p> <p>a. Identifies movement and strategies necessary for skilled physical performance.</p> <p>b. Identifies key critical elements of complex motor skills.</p> <p>c. Analyzes an athlete's performance of a sports skill and provide suggestions for improving the performance.</p> <p>d. Identifies and applies principles of practice and conditioning to enhance performance.</p> <p>e. Applies appropriate tactics and procedures to various movement forms.</p>
<p>PE8.3: Participates regularly in physical activity.</p> <p>a. Participates daily for 60 minutes in physical activity of their choosing.</p> <p>b. Identifies ways to increase levels of physical activity in daily routines.</p>
<p>PE8.4: Achieves and maintains a health-enhancing level of physical fitness.</p> <p>a. Interprets results of criterion-referenced fitness assessments and develops a plan for reaching fitness goals.</p> <p>b. Applies basic principles of training to design and implement a program for maintaining or improving health-related muscular strength.</p> <p>c. Participates in muscular endurance activities for a sustained period of time.</p>
<p>PE8.5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings</p> <p>a. Demonstrates the ability to resolve conflicts in a physical activity setting.</p> <p>b. Assumes leadership roles to facilitate class management.</p>
<p>PE8.6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> <p>a. Recognizes the role of sport, games, and dance in modern culture.</p> <p>b. Analyze the relationship between inactivity and obesity and diabetes type II.</p> <p>c. Appreciates the aesthetic performance of self and others.</p>