

**Power Standards and Benchmarks
Grades 6-8**

Physical Education Standard 1: Students will identify and model a health-enhancing level of fitness

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
Participates regularly in health-enhancing physical activities in both school and non-school setting.	Aerobic Vigorous	Fitness Testing, daily exercise, circuit and/or weight training.	Weight Equipment, Videos,
Explores a variety of new physical activities for personal interest in both school and non-school setting.	Anaerobic	Aerobic and anaerobic activities	Videos, weight equipment, exercise balls, aerobic steppers.
Describes how varying fitness levels can inhibit or enable participation in physical activity	Endurance Resting Heart Rate	Counts heart beats/minute	Heart monitors, pedometers
Achieves or demonstrates improvement toward the age/gender criterion based fitness standards.	Threshold Flexibility BMI	Fitness Testing	Fitness Gram, Presidential fitness testing
Continues to develop and pursue fitness goals with some teacher guidance.	Goals	Use of pedometers and heart rate monitors to monitor level of fitness.	Fitness Gram, Physical Best
Understands and applies principles of training to improve physical fitness.	Frequency Intensity Mode, Duration		Heart Rate Charts

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Physical Education Power Standard 2: Students will demonstrate competency in performance and applies knowledge of many movement concepts and forms.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
Demonstrates competence in manipulative skill through a variety of movement forms.	Spiral, extension, rotation, guarding, blocking	Team sports, individual and dual sports, outdoor pursuits.	Clipboards, compass, balls, bases, etc.
Utilizes locomotor skills in the context of movement.	Lunging	Hurdling, shooting, dribbling, serving, etc.	Sport equipment, balls, nets
Utilizes body management skills in the context of a variety of movement forms.	Dodging, lateral movement, flexibility	Change of direction	Agility drill equipment
Adapts and combines the skill to the demand of increasingly complex situations of selected movement forms.	Body Control	Pass the ball to a teammate guarded by an opponent.	
Demonstrates strategies for movement activities.	Offensive and Defensive Strategies	Place the ball away from an opponent in a racket sport.	
Applies and begins to analyze elements for movement efficiency.	Movement pattern Balance	Momentum sports/activities	
Understands and applies movement principles across settings.	Athletic Stance	Ready position for sport specific activities	
Expands movement vocabulary and the use of symbols in the context of formal movement forms.	Visualization	Draw formations, students write own plays, etc.	Posters

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Physical Education Power Standard 3: Students will demonstrate responsible personal and social behavior in physical activity settings.

Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
Participates in established rules, procedures and etiquette that are safe and effective for specific activity situations.	Organization Integrity Effort	Accepts the official's decision without a negative reaction.	Lifeskill resources
Demonstrates sportsmanship in both cooperative and competitive activities.	Sportsmanship Responsibility Flexibility	Follow activity specific rules with few reminders.	Teacher Cues
Works cooperatively with a group to achieve goals in competitive as well as cooperative settings.	Teamwork Cooperation Friendship Sense of Humor	Use proper player position on teams	
Handles conflict without confrontation.	Problem Solving Patience Common Sense	Solving problems by analyzing causes and potential solutions.	Teacher Cues, positive feedback.
Discusses the value of creating a supportive/inclusive activity environment and continues to demonstrate inclusion.	Caring Sharing Initiative	Works cooperatively with more and less skilled peers.	
Understands the role of games, sports, and dance as they influence modern culture.	Pride Curiosity	Fan behavior, team affiliation, work together as a team.	
Identifies aspects of activities that are personally satisfying.	Competition Perseverance Curiosity	Learn something new, be with friends	