

The Hinsdale School District believes that students can benefit from a healthy lifestyle that includes being physically active. The benefits of being physically active include:

1. Reduced risk of heart disease
2. Improved blood cholesterol levels
3. Prevention of high blood pressure
4. Boosted energy levels
5. Reduced stress and tension
6. Improved sleep patterns
7. Better self-image
8. Increased muscle strength
9. A way to share an activity with others
10. Establishment of healthy habits

Physical fitness is made up of five **health-related components** and six **skill related components**. The first help you stay healthy while the second help you perform in sports and activities.

Components of health-related fitness:

1. Cardiovascular endurance: ability to exercise your entire body for long periods of time. Requires a strong heart, healthy lungs and clear blood vessels to supply your body with oxygen.
2. Muscular endurance: ability to use your muscles many times without tiring.
3. Muscular strength: amount of force your muscles can produce.
4. Flexibility: ability to use your joints fully through a wide range of motion.
5. Body composition: relates to the relative amounts of muscle, fat, bone and other vital parts of the body.

Components of skill related fitness:

1. Agility: ability to change the position of your body quickly and to control your body's movements.
2. Balance: ability to keep an upright posture while standing or moving
3. Coordination: ability to use your senses together with your body parts or to use two or more body parts together.
4. Power: ability to use strength quickly.
5. Reaction time: the amount of time it takes you to move once you realize you need to act.
6. Speed: ability to perform a movement or cover a distance in a short period of time.

Grade 6-8

Curriculum Guideline # 1	Engages in A Physically Active Lifestyle
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Students will understand the importance of daily physical activity that promotes a healthy lifestyle.	Understand the connection between physical activity and the five health related fitness components	Question and Answer period Discussion Diagrams to demonstrate connections Self and partner assessment
Students will participate in daily physical activities.	Students will participate in 60 minutes of moderate to vigorous physical activity daily.	Participation in physical education class Self-reflection
Students will set personal physical activity goals.	Students will demonstrate improvement over time by setting short and long term goals.	Self assessment and reflection on personal progress

Grades 6-8

Curriculum Guideline # 2	Achieves and maintains a health enhancing level of physical fitness
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Students will participate in aerobic, anaerobic, flexibility and muscular strength and endurance activities.	<p>Students will reach their optimal level of fitness</p> <p>Students will understand energy systems, flexibility, muscular strength and endurance</p>	<p>Question and answer</p> <p>Visual observation</p>
Students will set a personal fitness goal based on the five health related fitness components (Appendix A)	Students will progress toward meeting their personal fitness goals	Examination of data tracking tool
Students will understand the importance of achieving and maintaining a health enhancing level of physical fitness	Students will understand the need to develop a healthy and active lifestyle, including the relationship of body weight to health and physical fitness	<p>Question and answer</p> <p>Collins writing</p> <p>Posters</p>
Students will understand the use of technology to record, analyze and assess physical fitness	Students will use technology to track physical activity and use the related data to make informed decisions for health improvement and maintenance	

Grade 6-8

Curriculum Guideline # 3	Demonstrates competency in motor skills and movement patterns, proficiency in a few, and applies these skills and patterns in a variety of physical activities.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Combines and refines fundamental motor skills to participate in a variety of physical activities	To apply and execute the motor skills necessary to participate in individual or team activities	Skill Check List Quizzes, writing assignments Observation
Demonstrates use of strategies and tactics within a variety of physical activities	To apply the strategies and tactics necessary for participation in an activity	Skill Check List Quizzes, writing assignments Observation

Grade 6-8

Curriculum Guideline # 4	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the development of motor skills and the learning and performance of physical activities.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Use movement vocabulary to describe motor skill performance	To understand movement vocabulary and enhance movement performance	Vocabulary Check List Skill Work Sheet Peer review of terminology
Use and understand differences in time, space, force, flow, and direction	To apply the understanding of time, space, force, flow, and direction to an activity	Observation Peer review Quizzes, written assessment
Use feedback from teachers, peers, other sources and self-assessment to improve motor skill performance and cognitive understanding	To make changes in order to improve or correct motor skills	Observation Peer Review Quizzes, written assessment
Demonstrate the use of movement concepts, and appropriate strategies and tactics during motor skill performance	To know when, where, why and how to use strategies and tactics for any activity	Observation Modeling Question and Answer Check list

Grade 6-8

Curriculum Guideline # 5	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies the value of participation in physical activities	To understand the benefits of physical activity on personal health	Question and Answer Written Assignments Group Discussion
Describes the benefits and challenges of working in a group	To participate and enjoy activities by working cooperatively within a group	Observation Discussion Question and Answer Written Assignments
Articulates the various roles of group members	To understand and communicate the individual roles within a group activity in order to achieve a desired goal	Question and Answer Written Assignments

Grade 6-8

Curriculum Guideline # 6	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Describes and demonstrates responsible behavior by working cooperatively, and following safety rules for all activities	To understand how personal and social behaviors affect the successful outcome of the activity	Observation Question and Answer Written Assignments Individual and Group discussion
Identify and create safety rules that will be used during activities	To understand the value and importance of rules within games in order to develop critical thinking skills	Observation Modeling Question and Answer Written Assignments Individual and Group discussion
Recognizes and accepts the diversity of each individual within the physical activity setting	To understand the value of a diverse group participating within a physical activity	Observation Question and Answer Written Assignments Individual and Group discussion
Resolves conflict in socially acceptable ways	To develop strategies for resolving conflict	Observation Question and Answer Written Assignments Individual and Group discussion