

Physical Education, Grade 6-8

Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Leading a healthy lifestyle is important to a productive life.

Learning Competencies

Students will be able to: (grade level expectations found in attached SPARK scope and sequence)

- Successfully use locomotor skills
- Apply and use body management skills
- Apply use of manipulatives
- Explore and enjoy individual activities
- Enjoys dual/paddle/racquet activities
- Be successful at stunts and tumbling
- Be successfully cooperative
- Successfully take part in team activities

Essential Questions

How can I demonstrate that I am competent in motor skills and movement?

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Standard 2:

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Successfully use spatial awareness
- Successfully use concepts, principles, and strategies as relates to elements of correct form for motor skills

Essential Questions

How can I show what I know about the concepts, principles and strategies and tactics related to movement and performance?

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Standard 3:

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Leading a healthy lifestyle is importance to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Monitor physical activity using heart rate monitor
- Participate in a variety of activities that increase breathing and heart rate
- Participate in sustaining activity for increasingly longer periods of time throughout the year
- Apply recognizing that health related physical fitness consists of five different components
- Explain the benefits of regular physical activity
- Participate in selected activities that develop and maintain each component of fitness
- Identify strengths and weaknesses based on fitness assessment

Essential Questions

How can I show what I know and can do to lead a physical and healthy life?

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| Physical Education 6-8 | |
| Standard 4 | |
| The physically literate individual exhibits responsible personal and social behavior that respects self and others. | |
| 21st Century Learning Expectations: | |
| Hinsdale students will recognize and demonstrate the importance of whole person wellness. | |
| Enduring Understandings: | |
| Leading a healthy lifestyle is importance to a productive life. | |
| Learning Competencies | Essential Questions |
| <p><i>Students will be able to (grade level expectations found in attached SPARK scope and sequence)</i></p> <ul style="list-style-type: none"> • Demonstrate responsible personal/social behavior during PE • Explore and begin to demonstrate responsible personal/social behavior during PE • Use equipment safely • demonstrate elements of appropriate conflict resolution • Demonstrates regularly encouraging others and refraining from put-downs • Demonstrate cooperative skills • Demonstrate ability to teach an activity or skill to others • Accomplish group goals in both cooperative and competitive activities | <p>How can I show that I am responsible and respect myself and others?</p> |

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Standard 5

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

21st Century Learning Expectations:

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

Enduring Understandings:

Learning a healthy lifestyle is important to a productive life.

Learning Competencies

Students will be able to (grade level expectations found in attached SPARK scope and sequence)

- Try new movements and skills
- Persist if not successful on first try
- Choose to practice on skills needing improvement
- Exhibit ways to use the body and movement to express self
- Seek personally challenging experiences in physical activity opportunities
- Work with others to achieve a common goal
- Create and perform a small group dance routine

Essential Questions

How can I show that I value physical activity?