

2002-2003 Health/Physical Education Standards Grade 6, 7 and 8

1. SOCIAL / PERSONAL DEVELOPMENT

The students will be able to:

- Create an atmosphere in which all enjoy participating in physical activities regardless of individual ability
- Change clothes worn to school into clean gym attire appropriate to participate in physical education activities
- Participate in class activities without harassment of peers
- Participate in proper warm-up and cool-down stretch exercise activities

2. PHYSICAL FITNESS

The students will be able to:

- Develop ability to monitor heart rate in relation to life-long fitness
- Demonstrate proper use of heart-rate monitors
- Understand and demonstrate the practice of a safe weight training routine
- Understand components of a “total workout”, utilizing concepts of balance, coordination, strength, endurance and flexibility

3. SKILL DEVELOPMENT

The students will be able to:

- Design planned activities for individual students to engage in life-long fitness activities and the promotion of wellness
- Refine both individual and team activity skills necessary for participation in volleyball, softball, gymnastics, team problem-solving challenges, biking, hiking, etc. as well as other leisure time activities

4. HEALTH COGNITION