

## Health Physical Education Outcomes Grade 6

### Students will

<b>Standard #</b>		<b>MHCF</b>
<b>1</b>	Monitor heart rate before, during, and after exercise.	<b>2.11</b>
<b>1</b>	Begin a basic flexibility program.	<b>2.11</b>
<b>1</b>	Begin to recognize the components of muscular strength and endurance.	<b>2.11</b>
<b>2</b>	Challenge themselves through physical activity.	<b>2.9</b>
<b>2</b>	Begin to understand the concept of goal setting.	<b>2.13</b>
<b>3</b>	Demonstrate concerns for the safety of others during an activity.	<b>2.15</b>
<b>4</b>	Work cooperatively with students of all skill levels.	<b>2.15</b>
<b>4</b>	Demonstrate cooperative behavior with peers of different gender, race, and ethnicity.	<b>2.15</b>
<b>5</b>	Recognize the aspects of a healthy lifestyle.	<b>2.13</b>
<b>5</b>	Identify opportunities for physical activity.	<b>2.12</b>
<b>5</b>	Participate in a sport or activity and trace its history.	<b>2.16</b>
<b>6</b>	Demonstrate proper technique in muscular strength activities.	<b>2.11</b>
<b>6</b>	Perform and improve performance on a modified cooper run/walk assessment.	<b>2.11</b>
<b>7</b>	Analyze and demonstrate the ability to correct mistakes in movement patterns.	<b>2.10</b>
<b>7</b>	Recognize the basic relationship of movement and skill.	<b>2.8</b>
<b>7</b>	Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance.	<b>2.14</b>

## Health Physical Education Outcomes Grade 7

### Students will

<b>Standard #</b>		<b>MHCF</b>
<b>1</b>	Collect data on heart rate before, during, and after physical activity.	<b>2.11</b>
<b>1</b>	Work independently with minimal supervision in pursuit of personal fitness goals.	<b>2.12</b>
<b>1</b>	Recognize the importance of flexibility and its relationship to personal fitness.	<b>2.11</b>
<b>2</b>	Identify benefits resulting from participation in different forms of physical activity.	<b>2.13</b>
<b>3</b>	Solve problems by analyzing causes and potential solutions.	<b>2.16</b>
<b>4</b>	Help those with lesser skill levels willingly.	<b>2.15</b>
<b>4</b>	Work cooperatively with peers to achieve a goal.	<b>2.15</b>
<b>5</b>	Participate in a sport or activity and trace its history.	<b>2.16</b>
<b>6</b>	Increase the run/walk distance in modified cooper test.	<b>2.11</b>
<b>6</b>	Increase muscular strength.	<b>2.11</b>
<b>6</b>	Dribble a ball while preventing an opponent from challenging.	<b>2.9</b>
<b>6</b>	Demonstrate proper weight transfer in physical activities such as throwing and hitting.	<b>2.10</b>
<b>7</b>	Use strategy in a modified game.	<b>2.14</b>
<b>7</b>	Work cooperatively with teammates in gamelike situations during activities such as volleyball, basketball, and badminton	<b>2.8</b>

## Health Physical Education Outcomes Grade 8

**Students will**

<b>Standard #</b>		<b>MHCF</b>
<b>1</b>	Improve cardiovascular fitness.	<b>2.11</b>
<b>1</b>	Establish fitness goals.	<b>2.11</b>
<b>3</b>	Understand rules and regulations.	<b>2.16</b>
<b>3</b>	Recognize the importance of safety within a class environment without teacher observation.	<b>2.16</b>
<b>4</b>	Respect the limitations of themselves and others.	<b>2.15</b>
<b>5</b>	Participate in lifetime activities outside of school.	<b>2.13</b>
<b>6</b>	Improve basic skills.	<b>2.8</b>
<b>6</b>	Demonstrate developmentally appropriate basic manipulative and advanced physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency.	<b>2.9</b>
<b>6</b>	Balance on one foot while performing a jump-rope routine.	<b>2.10</b>
<b>7</b>	Apply basic strategies in individual and team sports.	<b>2.14</b>
<b>7</b>	Remain on task in a group activity or game setting.	<b>2.12</b>
<b>7</b>	Demonstrate improvement in strength and endurance techniques at higher levels.	<b>2.11</b>