

DIOCESE OF HARRISBURG
PHYSICAL EDUCATION CURRICULUM

7th & 8th Grade

Content/Standard	7 th & 8 th GRADE EXPECTATIONS	Every 7 th & 8 th grader should be able to:	Suggested Skills & Practices	Date Assessed
Standard One: PA 10.2.8 PA 10.3.8 PA 10.5.8	Demonstrates responsible personal and social behavior in physical settings to develop an awareness of God in an environment of respect in a manner consistent with Christian teachings.	Consistently demonstrate acceptable behaviors for physical activity settings. <ul style="list-style-type: none"> ❖ Demonstrate and maintain self-control and examine consequences. ❖ Know the rules for participating in physical education class. ❖ Demonstrate sportsmanship and teamwork by encouraging peer participation and skill development. ❖ Demonstrate respect and positive attitude toward teacher and peers. ❖ Consistently follow directions given to the class for an all-class activity. ❖ Consistently demonstrate proper and safe use of equipment. ❖ Put equipment away properly. ❖ Transfer “rules of the gym” to other areas of school and vice versa. 		

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Standard Two: PA 10.4.8 PA 10.5.8	Demonstrates proficiency in the majority of movement forms.	Consistently participate in physical activities and utilize appropriate motor patterns in daily physical activities. ❖ Consistently apply motor fitness factors that affect performance in physical activities.	Skills: <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Kicking ○ Receiving ○ Striking Fitness factors: <ul style="list-style-type: none"> ○ Speed ○ Power ○ Agility ○ Hand-eye coordination 	

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Standard Three: PA 10.3.8 PA 10.5.8	Consistently performs movement concepts and principles to the learning and development of motor skills.	Transfer knowledge and understanding to the learning and development of new skills. ❖ Consistently demonstrate offensive and defensive movement strategies in a modified version of a team sport. ❖ Perform a variety of dance/rhythmic movements. ❖ Display the basic skills and safety procedures needed to participate in activities.	Dance/rhythmic movements: <ul style="list-style-type: none"> ○ Line dancing ○ Ball room dancing ○ Square dancing ○ Liturgical dance 	

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<p>Standard Four:</p> <p>PA 10.1.8 PA 10.2.8 PA 10.4.8 PA 10.5.8</p>	Exhibits a physically active lifestyle. (Active Living)	<p>Consistently demonstrate positive attitudes toward participation in physical activity and a general awareness that physical activity is both fun and good for you.</p> <p>❖ Participate in a variety of physical activities that support achievement of personal health goals.</p>	<p>Fitness components:</p> <ul style="list-style-type: none"> ○ Muscular endurance ○ Cardio-vascular endurance ○ Strength ○ Flexibility <p>Fitness skills:</p> <ul style="list-style-type: none"> ○ Agility ○ Balance ○ Coordination ○ Reaction time ○ Power ○ Speed 	

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<p>Standard Five:</p> <p>PA 10.1.8 PA 10.2.8 PA 10.3.8 PA 10.4.8 PA 10.5.8</p>	<p>Achieves and maintains a health-enhancing level of fitness.</p>	<p>Engage in physical activity for a specified period of time.</p> <ul style="list-style-type: none"> ❖ Sustain moderate to vigorous physical activity for the duration of a physical education class. ❖ Demonstrate personal physical fitness status in cardiovascular and respiratory endurance, muscular strength and flexibility to establish appropriate fitness goals. 	<p>Principles:</p> <ul style="list-style-type: none"> ○ Flexibility ○ Intensity ○ Time ○ Type <p>Fitness components:</p> <ul style="list-style-type: none"> ○ Muscular endurance ○ Cardio-vascular endurance ○ Strength <p>Flexibility</p>	

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Standard Six: PA 10.2.8 PA 10.3.8	Demonstrates understanding and respect for differences among people in physical activity settings. (Cooperation)	Discover the joy of interacting with peers and how social interaction can make activities more fun. ❖ Enjoy participation alone and with others. ❖ Resolve conflicts in socially acceptable ways. ❖ Recognize that differences make people unique and are products of God's love just as they are products of God's love. ❖ Demonstrate positive peer influence. ❖ Demonstrate cooperation with teacher. ❖ Demonstrate cooperation with peers of different gender, race, ethnicity and physical abilities in a physical activity setting.		

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<p>Standard Seven:</p> <p>PA 10.2.8 PA 10.3.8 PA 10.4.8 PA 10.5.8</p>	<p>Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (Values Physical Activity)</p>	<p>While engaged in physical activities, students will associate positive feelings with participating in and trying new movement activities and skills.</p> <ul style="list-style-type: none"> ❖ Develop awareness of personal health and well-being. ❖ Feel satisfaction while engaging in physical activity. ❖ Become more skilled in a favorite activity. ❖ Enjoy and be interested in learning new activities. 	<p>Physical benefits:</p> <ul style="list-style-type: none"> ○ Cardiovascular and muscular endurance ○ Muscular strength ○ Flexibility ○ Caloric input/expenditure 	