

DeRuyter Central School District

Physical Education

Grades 6-8

16 benchmarks

►Standard 1: Uses a variety of basic and modified movement skills

PE68.1.1 Uses modified form in object control skill and sport specific skills for a variety of physical activities

- underhand and overhand throw
- catch
- hand dribble
- foot dribble
- kick
- strike
- batting
- punt
- pass
- throw
- long jump/high jump
- snowshoe and cross country skiing

PE68.1.2 Uses modified strategies for net and group games

- keeping object going with partner using striking pattern
- placing ball away from opponent in a racket sport
- foot dribble while preventing an opponent from stealing the ball
- basic defense and offense plays
- volleyball spike

►Standard 2: Uses movement concepts and principles in the development of motor skills

PE68.2.1 Uses modified offensive and defensive strategies in structured game environments

- progression of rules
- modified equipment
- small numbers of participants

PE68.2.2 Demonstrates movement concepts and forms associated with modified physical activities underhand and overhand throw

- catch

- hand dribble
- foot dribble
- kick
- strike
- batting
- punt
- pass
- throw
- long jump/high jump
- snowshoe and cross country skiing

►Standard 3: Understands the benefits associated with participation in Physical activity

PE68.3.1 Knows about opportunities for participation in physical activities both in and out of school

- recreational leagues
- intramural sports
- clubs
- school modified sport teams – competitive activities
- summer camps

PE68.3.2 Understands long-term psychological benefits of regular participation in physical activity

- improved cardiovascular and muscular strength
- improved flexibility and body composition
- healthy self-image
- stress reduction
- strong mental and emotional health
- personal interests and capabilities
- perceived social and physical benefits
- challenge and enjoyment

►Standard 4: Understands how to monitor and maintain a health-enhancing level of physical fitness

PE68.4.1 Engages in activities that develop and maintain cardio respiratory endurance, flexibility and muscular strength

- timed or distance walk/run and other endurance activities
- push-ups
- pull-ups

- curl-ups
- isometric strength activities
- jump rope
- sit and reach
- trunk twists
- arm-shoulder stretches

PE68.4.3 Knows how to differentiate and monitor the body's response to physical activities of various exercise intensities and adjust activity levels to meet personal fitness goals

- measurement of heart rate
- resting heart rate
- heart rate reserve
- taking pulse at rest and during exercise
- breathing rate
- perceived exertion
- recovery rate

PE68.4.4 Understands and meets personal health-related fitness standards for appropriate level of a standardized physical fitness test

- aerobic capacity
- body mass index
- muscle strength
- endurance
- flexibility
- daily health-enhancing physical activity
- proper nutrition

PE68.4.5 Uses information from fitness assessments to improve selected fitness components and set goals

- cardio respiratory endurance
- muscular strength and endurance
- flexibility
- body mass index

PE68.4.6 Understands how to participate in moderate to vigorous physical activity in a variety of outside settings

- clubs
- community sponsored youth sports/organizations
- booster sports

►Standard 5: Understands the social and personal responsibility associated with participation in physical activity

PE68.5.1 Knows rules, procedures, and etiquette that are safe and effective for specific activity situations

- including proper attitudes toward both winning and losing

PE68.5.2 Works in a group to accomplish a set goal in both cooperative and competitive activities

PE68.5.3 Understands the physical challenges faced by people with disabilities

- inclusion student