

Florida Academic Standards for Health, Safety, and Physical Education Grades 6-8

Physical Education Literacy

- Standard 1:** The student demonstrates competency in many movement forms and proficiency in a few forms of physical activity. (PE.A.1.1)
- Standard 2:** The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills. (PE.A.2.1)
- Standard 3:** The student analyzes the benefits of regular participation in physical activity. (PE.A.3.1)

Responsible Physical Activity Behaviors

- Standard 1:** The student achieves and maintains a health-enhancing level of physical fitness. (PE.B.1.1)
- Standard 2:** The student demonstrates responsible personal and social behavior in physical activity. (PE.B.2.1)

Advocate and Promote Physically Active Lifestyles

- Standard 1:** The student understands how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people. (PE.C.1.1)
- Standard 2:** The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.1)

*The sample activities listed here are the vehicles through which standards can be addressed. Teachers provide more detailed information regarding the concepts and principles of human movement so students can apply them. Students discover answers by playing/participating and then being asked the question (debrief). They may never have thought of that question on their own. It's the teacher's role to pose these questions in order to make students think on this level.

Florida Academic Standards for Health, Safety, and Physical Education

Grades 6-8 Physical Education Literacy

Content Standards	Sample Activities	Unit
Standard 1 The student demonstrates competency in many movement forms and proficiency in a few forms of physical activity. (PE.A.1.1)		
1. Combines skills competently to participate in a modified version of team and individual sports, demonstrating mature patterns of manipulative skills (e.g., proper catching techniques).	<ul style="list-style-type: none"> • Five-Person Throw and Run Softball • Small Sided Soccer • Keep It Up 	<ul style="list-style-type: none"> • Softball • Soccer • Volleyball
2. Uses basic offensive and defensive positioning while playing a modified version of a sport.	Keep Away (2 on 1)	<ul style="list-style-type: none"> • Frisbee • Basketball • Hockey
3. Designs and performs folk and square dance sequences.	<ul style="list-style-type: none"> • Hora • Troika • Apat Apat 	Dance
4. Knows basic skills and safety procedures to participate in outdoor sports.	<ul style="list-style-type: none"> • All-Run Games • Group Passing With Defenders • 2 v 1 Keep Away 	<ul style="list-style-type: none"> • Frisbee, Soccer, and Softball • Field Games • Hockey

Content Standards	Sample Activities	Unit
Standard 2 The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills. (PE.A.2.1)		
1. Knows the various ways in which the body can generate force and the mechanical principles involved (e.g., range of motion and speed that the arm or leg travels).	<ul style="list-style-type: none"> • Partner Throw and Catch • Throw for Distance • Strike Step Back 	<ul style="list-style-type: none"> • All Run Games • Frisbee • Handball/Wallball
2. Knows how to apply mature patterns of locomotor, non-locomotor, body-management throwing, catching, and striking skills while participating in modified versions of team and individual sports.	<ul style="list-style-type: none"> • Endline Hockey • Speedball • Small-Sided Soccer 	<ul style="list-style-type: none"> • Hockey • Field Games • Soccer
3. Describes the principles of training and conditioning for specific physical activities.	<ul style="list-style-type: none"> • Workout Tag • Alaska Snowball • Twist-n-Turn 	<ul style="list-style-type: none"> • Aerobic Games • All-Run Games • Cooperative Games
4. Knows how to design and refine a routine by combining various movements to music.	<ul style="list-style-type: none"> • Troika • Tinikling • Aerobic Dance 	<ul style="list-style-type: none"> • Dance • Dance • Group Fitness
5. Knows how to develop game strategies for offensive and defensive play (e.g., the strategies necessary to attack an attended and unattended goal).	<ul style="list-style-type: none"> • Group Passing with Defenders • 2 v 1 Keep Away • Small-Sided Soccer 	<ul style="list-style-type: none"> • Field Games • Hockey • Soccer

Content Standards	Sample Activities	Unit
Standard 3 The student analyzes the benefits of regular participation in physical activity. (PE.A.3.1)		
1. Knows the potential fitness benefits of various activities.	<ul style="list-style-type: none"> • Running with a Rope • Power Walk and Jog • Frisbee Speedball 	<ul style="list-style-type: none"> • Jump Rope • Power Walk and Jog • Frisbee
2. Knows how to use a journal to document the benefits of participation in physical activity as part of an individual wellness plan.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan 	Extra Extra
3. Knows what community resources related to fitness are available.	<ul style="list-style-type: none"> • Track and Field • Frisbee • Golf 	<ul style="list-style-type: none"> • Track and Field • Frisbee • Golf

Florida Academic Standards for Health, Safety, and Physical Education

Grades 6-8 Responsible Physical Activity Behaviors

Content Standards	Sample Activities	Unit
Standard 1 The student achieves and maintains a health-enhancing level of physical fitness. (PE.B.1.1)		
1. Knows how to sustain an aerobic activity, maintaining target heart rate, to achieve cardiovascular benefits.	<ul style="list-style-type: none"> • Estimation • Jogging • Rope Skipping 	<ul style="list-style-type: none"> • Power Walk and Jog • Run USA • Jump Rope
2. Describes and applies the principles of training and conditioning for specific physical activities.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Jogging 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Run USA
3. Knows proper warm-up, conditioning, and cool-down techniques and the reasons for using them.	Warm-up and cool-down procedures in each unit lesson	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Power Walk and Jog • Run USA
4. Knows the difference between muscular strength and muscular endurance, activities that contribute to the improvement of strength and endurance, and the various types of muscular strength and endurance required to perform different activities.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits

Content Standards	Sample Activities	Unit
5. Knows how aerobic activity differs from anaerobic activity.	<ul style="list-style-type: none"> • Super Circulation • Heart Alert • Jogging 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Run USA
6. Understands the relationships between caloric intake and energy expenditure.	<ul style="list-style-type: none"> • SPARK Action Plan • Fitness Circuits • Jogging 	<ul style="list-style-type: none"> • Extra Extra • Fun and Fitness Circuits • Run USA
7. Knows the various ways to promote mobility in each joint.	Warm-up and cool-down procedures in each unit lesson	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Power Walk and Jog • Run USA
8. Knows how to determine recovery heart rate after exercise.	<ul style="list-style-type: none"> • Super Circulation • Heart Alert • Jogging 	<ul style="list-style-type: none"> • Aerobic Games • Aerobic Games • Run USA
9. Understands and applies formal and informal modes of fitness assessments (e.g., cardiovascular fitness: a mile walk or run is formal assessment, walking a flight of stairs is informal).	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Jogging 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Run USA
10. Plans and participates in an individualized fitness program.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits

Content Standards	Sample Activities	Unit
<p>11. Analyzes the results of fitness assessments to guide changes in a personal fitness program.</p>	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
<p>12. Achieves and maintains appropriate cardiovascular fitness, flexibility, muscular strength, endurance, and body composition.</p>	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
<p>13. Explores new ways to achieve activity goals in an individual wellness plan (e.g., walking in addition to playing a team sport).</p>	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits

Content Standards	Sample Activities	Unit
Standard 2 The student demonstrates responsible personal and social behavior in physical activity. (PE.B.2.1)		
1. Demonstrates appropriate responses to emergency situations associated with physical activity (e.g., remain calm, keep injured person still, and seek help).		
2. Knows the effects of substance abuse on personal health and performance in physical activity.		
3. Understands the difference between compliance and non-compliance with game rules and knows the meaning of fair play in age-appropriate activities.	<ul style="list-style-type: none"> • Houdini Hoops • Memory Ball • Moonball 	Cooperative Games
4. Resolves interpersonal conflicts with sensitivity to the rights and feelings of others	<ul style="list-style-type: none"> • Houdini Hoops • Memory Ball • Moonball 	Cooperative Games

Florida Academic Standards for Health, Safety, and Physical Education

Grades 6-8 Advocate and Promote Physically Active Lifestyles

Content Standards	Sample Activities	Unit
Standard 1 The student understands how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people. (PE.C.1.1)		
1. Knows how to modify games and activities to allow for participation of students with special needs (e.g., physical disabilities).	<ul style="list-style-type: none">• Houdini Hoops• Memory Ball• Moonball	Cooperative Games
2. Knows the contributions that various cultures have made to physical education.	<ul style="list-style-type: none">• Tinikling• The Virginia Reel• Hora	Dance

Content Standards	Sample Activities	Unit
Standard 2 The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.1)		
1. Identifies forms of physical activity that provide personal enjoyment.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
2. Recognizes the aesthetic and creative aspects of performance.	<ul style="list-style-type: none"> • Tinikling • The Virginia Reel • Hora 	Dance
3. Understands how a commitment to a wellness plan enhances the quality of life (e.g., leads to positive coping skills, healthy eating habits, and regular physical activity).	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
4. Knows the long-term physiological, psychological, and cultural benefits that may result from regular participation in physical activity.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
5. Knows the ways in which exercising at home can assist in improving physical ability and performance.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits

Content Standards	Sample Activities	Unit
<p>6. Knows various ways to use the body and movement activities to communicate ideas and feelings.</p>	<ul style="list-style-type: none"> • Cotton Eyed Joe • The Electric Slide • Troika 	<p>Dance</p>