

## 6-8 HORIZONTAL TABLE OF STANDARDS

<b>STANDARD 1      Physical Activity Benefits</b>		
<b>Sixth</b>	<b>Seventh</b>	<b>Eighth</b>
<b>PE.1.1 Performs a variety of dance and rhythmic skills and activities with competency.</b>		
<p>PE.6.1.1.a Moves to a beat or rhythm in a dance (e.g., line, folk, social, creative, world).</p> <p>PE.6.1.1.b Moves to a beat in a rhythmic activity (e.g., jump rope, cup stack, dance-fitness program, plyometric exercises).</p>	<p>PE.7.1.1.a Applies movement patterns to a beat or rhythm in a dance.</p> <p>PE.7.1.1.b Applies movement patterns to a beat in a rhythmic activity.</p>	<p>PE.8.1.1.a Creates a sequence of movements to a beat or rhythm in a dance.</p> <p>PE.8.1.1.b Creates a sequence of movements for a rhythmic activity.</p>
<b>PE.1.2 Performs a variety of invasion and field game skills and activities with competency.</b>		
<p>PE.6.1.2.a Throws with a mature pattern for distance, force, and speed in a variety of practice tasks (e.g., softball, basketball, football, disc golf).</p> <p>PE.6.1.2.b Catches a variety of objects with a mature pattern (e.g., softball, basketball, football, Frisbee).</p> <p>PE.6.1.2.c Passes an object with hands in combination with locomotor patterns and change of direction.</p> <p>PE.6.1.2.d Receives object with hands in combination with locomotor patterns and change of direction.</p> <p>PE.6.1.2.e Performs pivots, fakes, and jab steps correctly without defensive pressure (e.g., basketball, soccer, lacrosse, flag</p>	<p>PE.7.1.2.a Throws with a mature pattern within a dynamic environment for distance, force, and speed (e.g., softball, football, basketball, Frisbee).</p> <p>PE.7.1.2.b Catches a variety of objects with a mature pattern in a dynamic environment (e.g., softball, football, basketball, Frisbee).</p> <p>PE.7.1.2.c Passes an object with feet in combination with running, changing direction, and speed with competency.</p> <p>PE.7.1.2.d Receives object with feet in combination with running, changing direction, and speed.</p> <p>PE.7.1.2.e Performs pivots, fakes, and jab steps correctly with defensive pressure (e.g., basketball, soccer, lacrosse, flag football).</p>	<p>PE.8.1.2.a Throws with a mature pattern for distance, force, and speed in small-sided game play (e.g., softball, basketball, football, lacrosse, Frisbee).</p> <p>PE.8.1.2.b Catches using an implement with a mature pattern in small-sided game play (e.g., lacrosse, scoop).</p> <p>PE.8.1.2.c Passes an object with an implement in combination with running, changing direction, and speed with competency (e.g., hockey, lacrosse, scoop).</p> <p>PE.8.1.2.d Receives object with an implement in combination with running, changing direction, and speed (e.g., hockey, broomball).</p> <p>PE.8.1.2.e Performs pivots, fakes, and jab steps correctly in modified games (e.g.,</p>

<p>football).</p> <p>PE.6.1.2.f Dribbles with dominant hand using a change of speed and direction without defensive pressure in a variety of practice tasks (e.g., basketball).</p> <p>PE.6.1.2.g Foot-dribbles with control, changing speed and directions, in a variety of practice tasks (e.g., soccer).</p> <p>PE.6.1.2.h Dribbles with an implement with control, changing speed and directions in a variety of practice tasks (e.g., floor hockey, broomball).</p> <p>PE.6.1.2.i Shoots with a mature pattern appropriate to the activity (e.g., basketball, team handball, soccer).</p> <p>PE.6.1.2.j Maintains defensive ready position appropriate to the activity (e.g., basketball, volleyball, soccer, softball, flag football, wrestling).</p>	<p>PE.7.1.2.f Dribbles with dominant and non-dominant hand using a change of speed and direction in a variety of practice tasks (e.g., basketball).</p> <p>PE.7.1.2.g Foot-dribbles combined with passing, changing speed and direction, in a variety of practice tasks (e.g., soccer).</p> <p>PE.7.1.2.h Dribbles with an implement combined with passing in a variety of practice tasks (e.g., floor hockey, broomball).</p> <p>PE.7.1.2.i Shoots with a mature pattern, power, and accuracy in a modified game (e.g., basketball, team handball, soccer).</p> <p>PE.7.1.2.j Maintains defensive ready position while moving, appropriate to the activity (e.g., basketball, volleyball, softball, flag football, wrestling).</p>	<p>basketball, soccer, lacrosse, flag football).</p> <p>PE.8.1.2.f Dribbles with dominant and non-dominant hand using a change of speed and direction in small-sided game play (e.g., basketball).</p> <p>PE.8.1.2.g Foot-dribbles combined with passing, changing speed and direction in small-sided game play (e.g., soccer).</p> <p>PE.8.1.2.h Dribbles with an implement combined with passing in modified games (e.g., floor hockey, broom ball).</p> <p>PE.8.1.2.i Shoots on goal using an implement with power and accuracy in a modified game (e.g., team handball, hockey and lacrosse).</p> <p>PE.8.1.2.j Utilizes drop step technique while defending (e.g., basketball, football, softball).</p>
<p><b>PE.1.3 Performs a variety of net and wall game skills and activities with competency.</b></p>		
<p>PE.6.1.3.a Performs a legal underhand serve.</p> <p>PE.6.1.3.b Strikes with a mature overhand pattern in non-dynamic environment (e.g., volleyball, handball, badminton, tennis).</p> <p>PE.6.1.3.c Strikes with mature pattern using the forehand and backhand strokes with a short-handled implement.</p> <p>PE.6.1.3.d Strikes using a forehand volley with mature pattern and control using an</p>	<p>PE.7.1.3.a Performs a legal underhand serve with accuracy to a target.</p> <p>PE.7.1.3.b Strikes with a mature overhand pattern in a dynamic environment (e.g., volleyball, handball, badminton, tennis).</p> <p>PE.7.1.3.c Strikes with mature pattern using the forehand and backhand strokes with a long-handled implement.</p> <p>PE.7.1.3.d Performs forehand and backhand</p>	<p>PE.8.1.3.a Performs a legal underhand serve with accuracy in a modified game.</p> <p>PE.8.1.3.b Strikes with a mature overhand pattern in a modified game (e.g., volleyball, handball, badminton, tennis).</p> <p>PE.8.1.3.c Strikes with mature pattern, using the forehand and backhand strokes with a short- or long-handled implement with accuracy, in a modified game.</p>

<p>implement.</p> <p>PE.6.1.3.e Performs overhead two-hand volley with control. PE.6.1.3.f Performs a forearm pass with a mature pattern.</p>	<p>volleys with mature pattern and control using an implement.</p> <p>PE.7.1.3.e Performs overhead two-hand volley with control. PE.7.1.3.f Performs a forearm pass with a mature pattern to a partner.</p>	<p>PE.8.1.3.d Applies forehand and backhand volleys with a mature pattern and control using an implement in a modified game.</p> <p>PE.8.1.3.e Executes overhead two-hand volley with control in a modified game.</p> <p>PE.8.1.3.f Performs a forearm pass with a mature pattern and control in a modified game.</p>
<p><b>PE.1.4 Performs a variety of target game skills and activities with competency.</b></p>		
<p>PE.6.1.4.a Throws underhand with a mature pattern in activity specific tasks (e.g., soccer, softball, bowling, bocce, horseshoes).</p> <p>PE.6.1.4.b Strikes, with an implement, a stationary object (e.g., croquet, golf, shuffleboard).</p>	<p>PE.7.1.4.a Throws underhand with a mature pattern consistently in a modified target game.</p> <p>PE.7.1.4.b Strikes, with an implement, a stationary object for accuracy (e.g., croquet, golf, shuffleboard).</p>	<p>PE.8.1.4.a Throws underhand for accuracy and control with a mature pattern in a modified target game.</p> <p>PE.8.1.4.b Strikes, with an implement, a stationary object for accuracy and distance (e.g., croquet, golf, shuffleboard).</p>
<p><b>PE.1.5 Performs a variety of fielding/striking game skills and activities with competency.</b></p>		
<p>PE.6.1.5.a Strikes a pitched ball with an implement with a mature pattern.</p> <p>PE.6.1.5.b Catches with hands using a mature pattern, from different trajectories, using a variety of balls in varying practice tasks.</p>	<p>PE.7.1.5.a Strikes a pitched ball to an open space in a variety of practice tasks.</p> <p>PE.7.1.5.b Catches with hands with a mature pattern, from different trajectories using a variety of balls in small-sided games.</p>	<p>PE.8.1.5.a Strikes a pitched ball with power with an implement to an open space in a variety of small-sided games.</p> <p>PE.8.1.5.b Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play.</p>
<p><b>PE.1.6 Performs a variety of outdoor pursuits and individual performance activities with competency.</b></p>		
<p>PE.6.1.6.a Demonstrates correct technique for basic skills in one self-selected outdoor activity (e.g., fishing, archery, wall climbing, geocaching, bicycling).</p> <p>PE.6.1.6.b Demonstrates correct technique</p>	<p>PE.7.1.6.a Demonstrates correct technique for a variety of skills in one self-selected outdoor activity (e.g., fishing, archery, wall climbing, geocaching, bicycling).</p> <p>PE.7.1.6.b Demonstrates correct technique</p>	<p>PE.8.1.6.a Demonstrates correct technique for a variety of skills in two self-selected outdoor activities (e.g., fishing, archery, wall climbing, geocaching, bicycling).</p> <p>PE.8.1.6.b Demonstrates correct technique</p>

for basic skills in one self-selected activity (e.g., wrestling, track and field, skating, tumbling).

for a variety of skills in one self-selected activity (e.g., wrestling, track and field, skating, tumbling).

for a variety of skills in two self-selected activities (e.g., wrestling, track and field, skating, tumbling).

**STANDARD 2 Physical Activity Benefits**

Sixth	Seventh	Eighth
<b>PE.2.1 Applies knowledge of movement concepts, strategies, and tactics in individual performance activities, dance and rhythms.</b>		
PE.6.2.1.a Varies application of force during dance or rhythmic activities.	PE.7.2.1.a Applies Newton's laws of motion to various dance or movement activities.	PE.8.2.1.a Describes and applies mechanical advantage(s) for a variety of movement patterns.
<b>PE.2.2 Applies knowledge of movement concepts, strategies, and tactics in invasion games.</b>		
<p>PE.6.2.2.a Creates space through locomotor movements appropriate to the activity.</p> <p>PE.6.2.2.b Responds with appropriate locomotor movements while transitioning between offense and defense.</p>	<p>PE.7.2.2.a Reduces space through locomotor movements appropriate to the activity.</p> <p>PE.7.2.2.b Responds with appropriate locomotor movements while transitioning between offense and defense, communicating with teammates.</p>	<p>PE.8.2.2.a Creates and reduces space using a variety of passes and offensive tactics during modified games (e.g., pivots, fakes, give and go).</p> <p>PE.8.2.2.b Responds with appropriate locomotor movements while transitioning between offense and defense, communicating with teammates, and capitalizing on opportunities.</p>
<b>PE.2.3 Applies knowledge of movement concepts, strategies, and tactics in net/wall games.</b>		
<p>PE.6.2.3.a Creates space when hitting with a short-handled implement by varying force and direction.</p> <p>PE.6.2.3.b Reduces offensive options for opponents by returning to midcourt position.</p>	<p>PE.7.2.3.a Creates space when hitting with long-handled implement by varying force and direction and moving opponent from side to side.</p> <p>PE.7.2.3.b Selects offensive shot based on the opponent's location.</p>	<p>PE.8.2.3.a Creates space when hitting with either a long- or short-handled implement by varying force or direction or by moving the opponent side-to-side and/or forward and back.</p> <p>PE.8.2.3.b Varies placement, force and timing of return to prevent anticipation by opponent.</p>
<b>PE.2.4 Applies knowledge of movement concepts, strategies, and tactics in target games.</b>		
PE.6.2.4.a Selects appropriate shot and/or implement based on location of the object in	PE.7.2.4.a Varies the speed and/or trajectory of the shot based on location of the object in	PE.8.2.4.a Varies the speed, force, and trajectory of the shot based on location of the

relation to the target.	relation to the target.	object in relation to the target.
<b>PE.2.5 Applies knowledge of movement concepts, strategies, and tactics in fielding/striking games.</b>		
PE.6.2.5.a Identifies open spaces and attempts to strike object into that space.	PE.7.2.5.a Utilizes a variety of shots to hit to an open space.	PE.8.2.5.a Identifies sacrifice situations and attempts to advance a teammate.
PE.6.2.5.b Identifies the correct defensive play based on the situation (e.g., number of outs).	PE.7.2.5.b Selects the correct defensive play based on the situation (e.g., number of outs).	PE.8.2.5.b Reduces open spaces in the field by working with teammates to maximize coverage.
<b>PE.2.6 Applies knowledge of movement concepts, strategies, and tactics in outdoor pursuits.</b>		
PE.6.2.6.a Makes appropriate decisions based on the weather, level of difficulty due to conditions, or ability to ensure safety of self and others.	PE.7.2.6.a Analyzes the situation and makes adjustments to ensure the safety of self and others.	PE.8.2.6.a Implements safe protocols in self-selected outdoor activities.

**STANDARD 3****Physical Activity Benefits**

<b>Sixth</b>	<b>Seventh</b>	<b>Eighth</b>
<b>PE.3.1 Demonstrates the knowledge and skill to achieve and maintain a health-enhancing level of physical activity.</b>		
<p>PE.6.3.1.a Explains how being physically active leads to a healthy body.</p> <p>PE.6.3.1.b Describes the difference between aerobic and anaerobic capacity in order to participate, in a variety of activities with moderate to vigorous intensity, for a minimum of 60 minutes a day.</p>	<p>PE.7.3.1.a Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.</p>	<p>PE.8.3.1.a Explains the connections between health-related fitness and overall physical and mental health.</p>
<b>PE.3.2 Engages in physical activity.</b>		
<p>PE.6.3.2.a Participates in a variety of body weight strength and endurance fitness activities.</p> <p>PE.6.3.2.b Participates in a variety of aerobic fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers).</p> <p>PE.6.3.2.c Participates in a variety of lifetime recreational team sports, outdoor pursuits, and/or dance activities.</p>	<p>PE.7.3.2.a Participates in a variety of activities with moderate to vigorous intensity for a minimum of 60 minutes a day.</p> <p>PE.7.3.2.b Participates in a variety of strength and muscular endurance fitness activities using body weight (e.g., resistance bands).</p> <p>PE.7.3.2.c Participates in a variety of aerobic-fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers).</p> <p>PE.7.3.2 d Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities.</p>	<p>PE.8.3.2.a Participates in a variety of activities with moderate to vigorous intensity for a minimum of 60 minutes a day.</p> <p>PE.8.3.2.b Plans and creates, with teacher assistance, a variety of strength and muscular endurance activities using body weight and light free-weights.</p> <p>PE.8.3.2.c Participates in a variety of aerobic fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers).</p> <p>PE.8.3.2.d Participates in self-selected lifetime sport, dance, aquatic, or outdoor activity outside of the school day.</p>
<b>PE.3.3 Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.</b>		
<p>PE.6.3.3.a Describes the components of</p>	<p>PE.7.3.3.a Distinguishes between</p>	<p>PE.8.3.3.a Compares and contrasts physical</p>

<p>skill-related fitness.</p> <p>PE.6.3.3.b Sets and monitors a self-selected fitness goal.</p> <p>PE.6.3.3.c Describes the role of warm-ups and cool-downs through dynamic movement.</p> <p>PE.6.3.3.d Employs correct techniques and methods of stretching.</p> <p>PE.6.3.3.e Identifies each of the components of the overload principles (Frequency, Intensity, Time, Type {FITT}) for different types of physical activity.</p> <p>PE.6.3.3.f Defines resting heart rate and describes its relationship to aerobic fitness and Borg Rating of Perceived Exertion (RPE) scale.</p> <p>PE.6.3.3.g Performs multi-joint and single-joint resistance training movements.</p> <p>PE.6.3.3.h Identifies the concepts of muscular strength exercises and the relationship between incorrect technique and injury.</p> <p>PE.6.3.3.i Designs and implements a program of remediation for any areas of weakness based on the results of health-related fitness assessment.</p> <p>PE.6.3.3.j Maintains a physical activity log for at least two weeks and reflects on activity levels as documented in the log.</p>	<p>health-related and skill-related fitness.</p> <p>PE.7.3.3.b Adjusts amount of physical activity based on quantity of exercise to maintain and/or improve fitness levels.</p> <p>PE.7.3.3.c Designs a warm-up/cool-down regimen using dynamic and static stretches for a self-selected physical activity</p> <p>PE.7.3.3.d Describes the overload principles of Frequency, Intensity, Time, and Type (FITT) for different types of physical activity, the training principles on which the formula is based, and how the formula and principles affect fitness.</p> <p>PE.7.3.3.e Defines how the Borg Rating of Perceived Exertion (RPE) scale can be used to determine the perception of the work effort or intensity of exercise.</p> <p>PE.7.3.3.f Performs a variety of single-joint and multi-joint movements in resistance training with an implement.</p> <p>PE.7.3.3.g Performs appropriate techniques related to muscular strength and endurance to ensure safety and injury prevention.</p> <p>PE.7.3.3.h Designs and implements a program of remediation for two areas of weakness based on the results of health-related fitness assessment.</p> <p>PE.7.3.3.i Maintains a physical activity log and nutrition log for at least two weeks, and reflects on activity levels and nutrition as documented in the log.</p>	<p>activities based on their contributions to health-related fitness components.</p> <p>PE.8.3.3.b Uses available technology to self-monitor quantity of exercise and enhance current fitness level.</p> <p>PE.8.3.3.c Designs and implements a variety of warm-up/cool-down regimens with a variety of dynamic and static stretches for multiple activities.</p> <p>PE.8.3.3.d Uses the overload principle in preparing a personal workout.</p> <p>PE.8.3.3.e Defines how the Borg Rate of Perceived Exertion (RPE) scale can be used to adjust workout intensity during physical activity.</p> <p>PE.8.3.3.f Performs a variety of single-joint and multi-joint movements in resistance training with an appropriately selected resistance.</p> <p>PE.8.3.3.g Identifies technical resistance progressions and determines corrections that are necessary for injury prevention and health promotion.</p> <p>PE.8.3.3.h Designs and implements a program of remediation for three areas of weakness based on the results of health-related fitness assessment.</p> <p>PE.8.3.3.i Designs and implements a program to improve levels of health-related fitness and nutrition.</p>
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**PE.3.4 Communicates the importance of health-related fitness components and nutrition for physical activity.**

PE.6.3.4.a Identifies foods within each of the basic food groups and selects appropriate servings and portions for his/her age and physical activity levels.

PE.7.3.4.a Develops strategies for balancing healthy food, snacks and water intake, along with physical activity.

PE.8.3.4.a Describes the relationship between poor nutrition and health risk factors.

**PE.3.5 Communicates the importance of health-related fitness components and stress management with physical activity.**

PE.6.3.5.a Identifies positive and negative results of stress and appropriate ways of dealing with each.

PE.7.3.5.a Practices strategies for dealing with stress (e.g., deep breathing, guided visualization, aerobic exercise).

PE.8.3.5.a Performs basic movements used in other stress-reducing activities (e.g., yoga, tai chi).

**STANDARD 4 Physical Activity Benefits**

Sixth	Seventh	Eighth
<b>PE.4.1 Exhibits personal responsibility in physical activity settings.</b>		
PE.6.4.1.a Exhibits personal responsibility through appropriate etiquette, respect for facilities and equipment, and safe behaviors.	PE.7.4.1.a Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class.	PE.8.4.1.a Accepts responsibility for personal and social behaviors and improving ones' own level of physical activity and fitness.
<b>PE.4.2 Accepts and responds to specific corrective feedback from teacher and peers.</b>		
PE.6.4.2.a Implements specific corrective feedback to improve performance.	PE.7.4.2.a Provides positive corrective feedback to a peer using teacher-generated guidelines and incorporating appropriate tone and other communication skills.	PE.8.4.2.a Provides encouragement and positive feedback to peers without prompting from the teacher.
<b>PE.4.3 Exhibits responsible social behavior when working with others.</b>		
<p>PE.6.4.3.a Accepts differences among classmates in physical development, maturation, and varying skill levels by providing positive encouragement.</p> <p>PE.6.4.3.b Cooperates with a small group of classmates during adventure activities, game play, or team-building activities.</p>	<p>PE.7.4.3 a Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.</p> <p>PE.7.4.3.b Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates.</p> <p>PE.7.4.3.c Problem solves with a small group of classmates during adventure activities, game play, or team building activities.</p>	<p>PE.8.4.3.a Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflict.</p> <p>PE.8.4.3.b Employs critical thinking skills to solve problems and make decisions.</p>
<b>PE.4.4 Follows rules and demonstrates proper etiquette.</b>		
PE.6.4.4.a Implements the rules and etiquette for physical activities, games, and dance activities.	PE.7.4.4.a Self-officiates modified physical activities and games.	PE.8.4.4.a Officiates modified physical activities and games.

	PE.7.4.4.b Demonstrates appropriate behaviors and etiquette while observing and performing dance.	PE.8.4.4.b Creates dance routines applying appropriate behavior and etiquette observing, creating, and performing dance.
<b>PE.4.5 Participates safely in physical activities.</b>		
<p>PE.6.4.5.a Uses physical activity and fitness equipment appropriately and safely with teacher guidance.</p> <p>PE.6.4.5.b Applies specific safety concerns associated with the activity with teacher guidance.</p>	<p>PE.7.4.5.a Independently uses physical activity and fitness equipment appropriately and safely.</p> <p>PE.7.4.5.b Applies specific safety concerns associated with the activity in individual practice.</p>	<p>PE.8.4.5.a Independently uses physical activity and fitness equipment appropriately.</p> <p>PE.8.4.5.b Identifies specific safety associated with the physical activity.</p> <p>PE.8.4.5.c Applies specific safety concerns associated with the activity when practicing with peers.</p>

**STANDARD 5 Physical Activity Benefits**

Sixth	Seventh	Eighth
<b>PE.5.1 Recognizes the benefits of physical activity for health.</b>		
<p>PE.6.5.1.a Identifies different types of physical activities and describes how each positively impacts health.</p> <p>PE.6.5.1.b Explains how physical activity provides opportunities for reducing stress.</p>	<p>PE.7.5.1.a Identifies examples of activities that enhance each of the five components of health-related fitness.</p> <p>PE.7.5.1.b Participates in a variety of physical activities to experience positive mental and emotional benefits.</p>	<p>PE.8.5.1.a Explains the connections between fitness and overall physical and mental health.</p> <p>PE.8.5.1.b Analyzes the empowering consequences of being physically active as it relates to physical, social, and mental/emotional health.</p>
<b>PE.5.2 Recognizes the benefits of physical activity for challenge.</b>		
<p>PE.6.5.2.a Recognizes individual challenges in physical activity and copes in a positive way (e.g., extending effort, asking for help or feedback, modifying the tasks).</p>	<p>PE.7.5.2.a Generates positive strategies when faced with a group challenge in physical activity (e.g., offering suggestions or assistance, leading, or following others and providing possible solutions).</p>	<p>PE.8.5.2.a Develops a plan of action for challenge in physical activity and makes appropriate decisions based on that plan.</p>
<b>PE.5.3 Recognizes the benefits of physical activity for self-expression and enjoyment.</b>		
<p>PE.6.5.3.a Associates physical activity with enjoyment.</p> <p>PE.6.5.3.b Describes how moving competently in a physical activity setting creates enjoyment.</p> <p>PE.6.5.3.c Identifies the relationship between self-expression and physical activity.</p>	<p>PE.7.5.3.a Enjoys self-selected physical activities.</p> <p>PE.7.5.3.b Describes how moving competently in a physical activity setting creates enjoyment.</p> <p>PE.7.5.3.c Explains the relationship between self-expression and lifelong enjoyment through physical activity.</p>	<p>PE.8.5.3.a Enjoys self-selected physical activities.</p> <p>PE.8.5.3.b Describes how moving competently in a physical activity setting creates enjoyment.</p> <p>PE.8.5.3.c Identifies and participates in an enjoyable activity that prompts individual expression.</p>
<b>PE.5.4 Recognizes the benefits of physical activity for social interaction.</b>		
<p>PE.6.5.4.a Respects self and others in</p>	<p>PE.7.5.4.a Demonstrates the importance of</p>	<p>PE.8.5.4.a Exhibits respect for self by asking</p>

activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity (e.g., sportsmanship).	social interactions by helping and encouraging others, avoiding negative comments and providing support to classmates.	for help and helping others in various physical activities.
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