

<b><u>Physical Education</u></b>	
<b>Knowledge of structures of, functions of, and relationships among human body systems</b>	
	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of basic physiological principles related to physical fitness and application of these principles to fitness test results and a healthy lifestyle. LO 3, 6, 7</li> </ul>
<b>Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)</b>	
	<ul style="list-style-type: none"> <li>• Demonstrate ability to work cooperatively and productively with others to achieve group goals. LO 4, 5, 8, 10</li> </ul>
	<ul style="list-style-type: none"> <li>• Display good Christian sportsmanship and serve as positive role models for each other. LO 2, 3</li> </ul>
	<ul style="list-style-type: none"> <li>• Understand the importance of developing skills and fitness components as a road toward well-being. LO 1</li> </ul>
	<ul style="list-style-type: none"> <li>• Demonstrate courtesy, self-control, loyalty, truthfulness and Christian conduct. LO 3</li> </ul>
<b>Knowledge of principles of movement and physical fitness</b>	
	<ul style="list-style-type: none"> <li>• Demonstrate proficiency in movement, knowledge, and social skills in team sports, individual sports, dual sports, and organized lead-in games. LO 1, 2</li> </ul>
	<ul style="list-style-type: none"> <li>• Demonstrate knowledge, safety, and fundamental performance skills required in the movements associated with balance and spatial awareness, turning, and other forms of movement. LO 1, 2, 5</li> </ul>
	<ul style="list-style-type: none"> <li>• Demonstrate knowledge of rules in organized games of employment and recognize safety principles and etiquette in activity situations between self and others. LO 4, 5, 10</li> </ul>

Eighth Grade

	<ul style="list-style-type: none"> <li>Understand the importance of fair play and following the rules for all participants. LO 2, 9.</li> </ul>
	<ul style="list-style-type: none"> <li>Be considerate of fellow group or team members and show respect for other participants. LO 2, 3, 7</li> </ul>
	<ul style="list-style-type: none"> <li>Seek out, participate with, and show respect for persons of similar and different skill levels. LO 2, 3</li> </ul>
	<ul style="list-style-type: none"> <li>Demonstrate an increased level of competence in skill techniques, scoring and safety practices in a variety of individual, dual, and team games. HPE 4</li> </ul>
	<ul style="list-style-type: none"> <li>Analyze play of their opponent and apply defensive and offensive techniques. HPE 4</li> </ul>
	<ul style="list-style-type: none"> <li>Demonstrate an intermediate level of competence in a variety of physical activities. HPE 4</li> </ul>
	<ul style="list-style-type: none"> <li>Analyze differences and similarities in dances from various cultures. HPE 4, FA 1, FA 2</li> </ul>
<b>Knowledge of consumer health issues (such as the effects of mass media and technologies on safety and health)</b>	
	<ul style="list-style-type: none"> <li>Participate responsibly in the care and use of physical education equipment. LO 10</li> </ul>