

<u>Physical Education</u>	
Knowledge of structures of, functions of, and relationships among human body systems	
	<ul style="list-style-type: none"> • 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
Knowledge of principals and practices of physical and mental health (such as personal health habits, nutrition, stress management)	
	<ul style="list-style-type: none"> • Demonstrate ability to work cooperatively and productively with others to achieve group goals. LO 4, 5, 8, 10
	<ul style="list-style-type: none"> • Display good Christian sportsmanship and serve as positive role models for each other. LO 2, 3
	<ul style="list-style-type: none"> • Understand the importance of developing skills and fitness components as a road toward well-being. LO 1
	<ul style="list-style-type: none"> • Demonstrate courtesy, self-control, loyalty, truthfulness and Christian conduct. LO 3
Knowledge of principles of movement and physical fitness	
	<ul style="list-style-type: none"> • Demonstrate proficiency in movement, knowledge, and social skills in team sports, individual sports, dual sports, and organized lead-in games. LO 1, 2
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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

Seventh Grade

	<ul style="list-style-type: none"> • Understand the importance of fair play and following the rules for all participants. LO 2, 9.
	<ul style="list-style-type: none"> • Be considerate of fellow group or team members and show respect for other participants. LO 2, 3, 7
	<ul style="list-style-type: none"> • Seek out, participate with, and show respect for persons of similar and different skill levels. LO 2, 3
	<ul style="list-style-type: none"> • Apply terminology, scoring, etiquette, player position, and safety principles and game rules for individual and team sports. HPE 4
	<ul style="list-style-type: none"> • Apply basic offensive and defensive strategies in a modified game setting. HPE 4
	<ul style="list-style-type: none"> • Demonstrate an increased level of competence in a variety of physical activities. HPE 4
	<ul style="list-style-type: none"> • Design an exercise routine to accompany music that emphasizes fitness components. HPE 4, FA 1, FA 2
	<ul style="list-style-type: none"> • Discuss the cultural and historic content of at least one dance form. HPE 4, FA 5
Knowledge of consumer health issues (such as the effects of mass media and technologies on safety and health)	
	<ul style="list-style-type: none"> • Participate responsibly in the care and use of physical education equipment. LO 10