

Physical Education “Run-A-Ways”

7th and 8th grade

Name:

Period:

By the end of the semester in Physical Education students should meet the following standards.	Exceeds Standard	Meets Standard	Standard in Progress
Standard I			
Students will perform correct running technique.			
Students will perform correct jumping technique.			
Students will perform correct stretching technique.			
Students will perform correct throwing technique.			
Students will perform correct kicking technique.			
Students will perform correct shooting technique.			
Students will perform correct striking technique.			
Students will perform correct warm up technique.			
Standard II			
Students will identify steps to setting “SMART” goals.			
Students will perform steps in achieving a “SMART” personal fitness goal.			
Standard III			
Students will meet “Healthy Fitness Zone” standards of Fitness Gram Test:			
● Mile Run			
● Pacer Run			
● Push-up			
● Curl-up			
● Trunk Lift			
● Shoulder Stretch			
● Sit and Reach			
Standard IV			
Students will apply the FITT guidelines to exercises: Frequency, Intensity, Time, Type			
Students will engage in physical activity outside of class.			
Students will keep a fitness log to track physical activity outside of class.			
Standard V			
Students will follow rules for participation:			
● Students will be in attendance to class			
● Students will make up participation points for absent days			
● Student will be properly dressed in PE uniform every day.			
● Student will be in “your spot” on time.			
● Student will use appropriate language.			
● Student will demonstrate sportsmanship.			
● Student will make safe choices in weight room and on playing field.			
● Student will be respectful of others.			
● Student will show sensitivity for those with different abilities.			
Standard VI			
Student will recognize the positive benefits of physical activity.			