

**Springfield Public Schools**  
**6th-8th PHYSICAL EDUCATION**

**COURSE DESCRIPTION**

**7<sup>th</sup>/8<sup>th</sup> GRADE**

**MAJOR INSTRUCTIONAL GOALS**

The intent of the Springfield R-12 Physical Education Program is:

- 1) Students will acquire and apply the personal fitness and wellness skills associated with a healthy active lifestyle. (HPE1, 2, 4; 1.4, 1.8, 2.1, 4.7)
  - Participate in activities that will help enhance the health and skill related fitness components.
  - Define the health and skill related fitness components.
  - Explain the FIT principles.
  - Determine personal target heart rate and understand its importance to cardiovascular fitness.
  - Recognize proper techniques to improve flexibility for injury prevention.
  - Measure fitness levels and analyze data.
  - Apply knowledge of muscles used during activity.
  - Utilize technological apparatus to monitor, measure, record and analyze fitness data.
  
- 2) Students will demonstrate and assess fundamental movement skills in a variety of physical activities, incorporate learned skills, rules and strategies in a variety of physical activities. (HPE4; 1.5)
  - Demonstrate proficiency in fundamental skills of individual/dual, team and recreational activities.
  - Demonstrate movement patterns of rhythmic activities.
  - Detect and correct errors in skill techniques.
  
- 3) Students will develop and demonstrate responsible safety and social skills while participating in a variety of physical activity settings. (HPE4; 1.10, 2.3, 3.1, 4.6, 4.7)
  - Demonstrate knowledge of general rules and safety procedures for all activities.
  - Recognize and support decisions made by game officials, whether they are students, teachers or officials outside of school.
  - Demonstrate desirable social skills while participating in class activities.
  - Work cooperatively with a group to achieve group goals in competitive settings.

- 4) Students will evaluate the importance that enjoyable regular physical activity plays in the pursuit of lifelong health and well being. (HPE 2, 4; 1.4, 1.6, 1.10, 4.7)
- Actively participate in physical activity.
  - Recognize the positive outcomes from participation in physical activity.