

Minneapolis Academy Physical Education

A: Physical Skill Development

Standard

Students will exhibit competency in a variety of basic and advanced forms of movement and proficiency in some.

Benchmarks

By the end of grade 8 students will:

MA.PE-A1: Create strategies for team and individual games such as beginning offensive and defensive tactics.

MA.PE-A2: Demonstrate competence in modified, rhythmic movement forms such as punting, kicking, swimming, bowling, and rope skipping.

MA.PE-A3: Apply sport-specific skills for a number of team and individually oriented physical activities.

B: Motor Skill Development

Standard

Students will use and apply movement concepts and principals in the development of motor skills.

Benchmarks

By the end of grade 8 students will:

MA.PE-B1: Demonstrate the ability to use teacher and peer feedback to enhance performance.

MA.PE-B2: Understand and identify the importance of practice and conditioning as they pertain to the improvement skills and the enhancement of physical fitness.

MA.PE-B3: Understand and identify essential elements of complex movement skills and describe characteristics that enable success in highly skilled performance.

C: Active Lifestyle

Standard

Students will demonstrate a physically active lifestyle and will understand the advantages of positive participation in physical activity.

Benchmarks

By the end of grade 8 students will:

MA.PE-C1: Demonstrate an understanding of the positive benefits of physical activity as it pertains to personal health and well being.

MA.PE-C2: Construct personal physical activity goals.

MA.PE-C3: Explore and discover physical activities that are related to personal interests.

D: Physical Fitness

Standard

Students will achieve, maintain, and monitor health-enhancing levels of physical fitness.

Benchmarks

By the end of grade 8 students will:

MA.PE-D1: Demonstrate muscular strength and endurance in physical activities.

MA.PE-D2: Demonstrate cardiovascular endurance in physical activities.

MA.PE-D3: Understand and apply various basic exercise methods and techniques used to increase physical fitness.

MA.PE-D4: Understand methods used to monitor and assess exercise intensity such as using a pulse check to determine heart rate during classroom activities.

MA.PE-D5: Demonstrate the ability to name and define the ten components of physical fitness and explain how these components contribute to balanced physical fitness.

MA.PE-D6: Maintain a record of physical activity, both in and out of the classroom.

MA.PE-D7: Meet established physical fitness standards.

E: Respectful and Responsible Behavior

Standard

Students will understand and demonstrate respectful and responsible behavior in a variety of personal and social physical activity environments.

Benchmarks

By the end of grade 8 students will:

MA.PE-E1: Understand and follow classroom rules and procedures at all times.

MA.PE-E2: Demonstrate respect for the teacher, fellow students, themselves, and classroom equipment at all times.

MA.PE-E3: Utilize positive conflict resolution skills when confronted with interpersonal conflicts and will resolve disagreements with the rights and feelings of others in mind.

MA.PE-E4: Demonstrate safe body control and make safety conscious decisions with regard to classroom conduct.

MA.PE-E5: Demonstrate sportsmanship and work cooperatively in order to function successfully in competitive and cooperative group settings.

F: Understanding and Accepting Diversity

Standard

Students will demonstrate respect, understanding, and acceptance for individual differences among peers in physical activity environments.

Benchmarks

By the end of grade 8 students will:

MA.PE-F1: Identify the roles that sports, games, and dance play in world culture.

MA.PE-F2: Display respect and understanding for the physical limitations of others.

MA.PE-F3: Demonstrate supportive and inclusive behavior in physical activity environments.