

WILLIAMSVILLE PHYSICAL EDUCATION **GRADES 7 & 8**

NEW YORK STATE STANDARD: **PERSONAL HEALTH AND FITNESS**

Students will acquire the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain personal health.

NASPE STANDARD 1:

Demonstrate competency in many movement forms and proficiency in a few movement forms.

7/8 – 1. MOTOR SKILLS

7/8 – 1A. COMBINATION OF MOVEMENTS AS RELATED TO SPORT SKILLS, (TRACK & FIELD/GYMNASTICS PROJECT ADVENTURE)

7/8 – 2. FUNDAMENTAL SPORT SKILLS

7/8 – 2A. READY POSITION AS RELATED TO SPORT SKILLS

7/8 – 2B. CATCHING WHILE MOVING IN A SPORT OR ACTIVITY.
(VARIETY OF EQUIPMENT INCLUDING AN IMPLEMENT)

7/8 – 2C. FOOT PASS WHILE MOVING IN A SPORT OR ACTIVITY

7/8 – 2D. STRIKE A MOVING BALL USING AN IMPLEMENT IN A SPORT OR ACTIVITY.

7/8 – 2E. THROW OBJECTS WITH ACCURACY TO A PERSON OR OBJECT WHILE MOVING IN A SPORT OR ACTIVITY

7/8 – 2F. VOLLEY A BALL IN A SPORT OR ACTIVITY.

7/8 – 2G. SHOOT AN OBJECT WITH ACCURACY TO A TARGET IN A SPORT OR ACTIVITY.

7/8 – 3. AQUATIC SKILLS – RED CROSS

7/8 – 3A. DEMONSTRATE COMBINED PRONE STROKE.

7/8 – 3B. DEMONSTRATE COMBINED SUPINE STROKE.

7/8 – 3C. DEMONSTRATE THE FUNDAMENTALS OF TREADING WATER.

7/8 – 3D. DEMONSTRATE JUMPING INTO DEEP WATER FROM SIDE OF THE POOL WHILE WEARING A LIFE JACKET.

7/8 – 3E. DEMONSTRATE HEAD FIRST SURFACE DIVE AND RETRIEVE AN OBJECT.

NAPSE STANDARD 2:

Applies movement concepts and principles to the learning and development of motor skills.

7/8 – 4. RHYTHMICAL MOVEMENTS.

7/8 – 4A. DESIGN AND PERFORM A RHYTHMICAL GYMNASTIC, AEROBIC OR DANCE ROUTINE.

NAPSE STANDARD 3:

Exhibit a physically active lifestyle.

NAPSE STANDARD 4:

Achieves and maintains a health-enhancing level of physical fitness.

7/8 – 5. HEALTH-RELATED FITNESS.

7/8 – 5A. MONITOR HEART RATE AND COMPARE TO TARGET HEART RATE. (BEFORE, DURING AND AFTER ACTIVITY).

7/8 – 5B. CARDIORESPIRATORY (MILE RUN/WALK).

1. Incomplete
2. Can complete 1 mile in:
Girls: 12:01 or more
Boys: 11:01 or more
3. Can complete 1 mile in
Girls: between 10:31 and 12:00
Boys: between 9:31 and 11:00
4. Can complete 1 mile in
Girls: between 7:31 and 10:30
Boys: between 7:01 and 9:30
5. Can complete 1 mile in
Girls: 7:30 or less
Boys: 7:00 or less

7/8 – 5C. ABDONINAL STRENGTH (PRUDENTIAL FITNESS GRAM STANDARDS – GIRLS & BOYS)

1. Can do less than 35 bent-knee curl ups.
2. Can do 36 to 42 bent-knee curl ups.
3. Can do 43 to 49 bent-knee curl ups.
4. Can do 50 or more bent-knee curl ups.

7/8 – 5D. UPPER BODY STRENGTH (PUSH-UPS).

1. Incomplete
2. Girls: 14 or less push ups
Boys: 19 or less push ups
3. Girls: 15 to 19 push ups
Boys: 20 to 24 push ups
4. Girls: 20 to 24 push ups
Boys: 25 to 29 push ups
5. Girls: 25 or more push ups
Boys: 30 or more push ups

7/8 – 5E. FLEXIBILITY (SIT AND REACH)

NEW YORK STATE STANDARD:
SAFE AND HEALTHY ENVIRONMENT
Students will acquire the knowledge and ability
necessary to create and maintain a safe and healthy
environment.

NAPSE STANDARD 5:

Demonstrate responsible personal and social behavior in physical activity settings.

7/8 – 6. WORK HABITS.

7/8 – 6A. COMES PREPARED.

7/8 – 6B. FOLLOW DIRECTIONS AND CLASS EXPECTATIONS. (WITHOUT CLOSE TEACHER MONITORING).

7/8 – 6C. CHALLENGE SELF TO IMPROVE.

NAPSE STANDARD 6:

Demonstrates understanding and respect for differences among people in physical activity settings.

7/8 – 7. SOCIAL SKILLS

7/8 – 7A. SELF-CONTROL AND RESPONSIBILITY. (FOR EMOTIONS AND ACTIONS).

7/8 – 7B. WORKS COOPERATIVELY WITH OTHERS (INCLUDING “GAME OFFICIALS”)

NEW YORK STATE STANDARD:
RESOURCE MANAGEMENT

Students will understand and be able to manage their personal and community resources.

NASPE STANDARD 7:

Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.

7/8 – 8. COGNITIVE AWARENESS (KNOWLEDGE).

7/8 – 8A. DEFINE CARDIORESPIRATORY FITNESS AND ACTIVITIES.
(LIST 3 ACTIVITIES WHICH ENHANCE CARDIORESPIRATORY FITNESS)

7/8 – 8B. LIST THREE SPORTS THAT DEVELOP MUSCULAR STRENGTH.

7/8 – 8C. LIST THREE SPORTS THAT DEVELOP MUSCULAR ENDURANCE.

7/8 – 8D. EXPLAIN HOW FLEXIBILITY WILL PREVENT ATHLETIC INJURY

7/8 – 8E. LIST THREE SPORTS THAT DEVELOP SKILL-RELATED COMPONENTS OR PHYSICAL FITNESS. (AGILITY, BALANCE, COORDINATION, POWER, REACTION TIME, SPEED)