



# Physical Education

## 6<sup>th</sup>-8<sup>th</sup> Grade

- PS 1 The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- PS 2 The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- PS 3 The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- PS 4 The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- PS 5 They physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
- PS 6 6-8.RST.1 Cite specific textual evidence to support analysis of science and technical texts.
- PS 7 6-8.RST.3 Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.