

Middle School Physical Education Standards and Benchmarks  
Confirmed

**Standard 1: Students will use a variety of movement forms.**

Benchmarks:

- 1.1 Demonstrate appropriate body control.
- 1.2 Perform a variety of manipulative skills
- 1.3 Perform a variety of locomotor skills

**Standard 2: Applies movement concepts and principles in the development of motor skills.**

Benchmarks:

- 2.1 Understand a variety of activity concepts
- 2.2 Understand game rules
- 2.3 Recognize similarities in different movement forms
- 2.4 Evaluate activities based on prior knowledge
- 2.5 Apply knowledge of positioning and game strategy
- 2.6 Demonstrate spacial and body positioning

**Standard 3: Students will understand how to achieve, monitor and maintain a health-enhancing level of physical fitness.**

Benchmark

- 3.1 Identify key elements in a healthy life-style
- 3.2 Know how to maximize health through exercise and physical fitness
- 3.3 Understand how to analyze and monitor appropriate health-enhancing aspects of exercise

**Standard 4: Students will demonstrate responsible personal and social behavior as well as respect for differences among people in physical activity settings.**

Benchmarks:

- 4.1 Use equipment safely
- 4.2 Cooperate in variety of activities
- 4.3 Evaluate classmates
- 4.4 Analyze work and adapt activities.

**Standard 5: Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.**

Benchmark

- 5.1 Recognize that activities allow for cultural expression
- 5.2 Understand that games provide opportunities for creativity
- 5.3 Understand the relationship between physical and mental challenge and how it results in personal development
- 5.4 Understand that physical exercise allows for socialization and group cohesion