Grade 6

Motor Skills and Movement Patterns

1. Demonstrates two different styles of creative movement patterns. (S1.M1.6)
2. Demonstrates passing and receiving with hands in authentic settings. (S1.M4.6)
3. Demonstrates the underhand serve with control in net/wall activities. (S1.M12.6)
4. Demonstrates striking a moving object with an implement in authentic settings. (S1.M14.6, S1.M16.6, S1.M20.6)
5. Demonstrates correct technique for 3 basic skills in one individual-performance activity. (S1.M24.6)

Concepts, Principles, Strategies and Tactics

6. Uses offensive tactics to create space. (S2.M2.6, S2.M7.6, S2.M10.6)

Fitness Knowledge and Skills

7. Analyzes personal aerobic fitness levels through health-related fitness assessments. (S3.M8.6)
8. Investigates how heart rate relates to aerobic fitness. (S3.M13.6)

Responsible Personal and Social Behavior

9. Demonstrates safe practices and strategies in Outdoor Pursuits/Adventure Education. (S4.M1.6)

Values Physical Activity

10. Employs a sense of community and respect for others. (S5.M6.6)
Grade 7

Motor Skills and Movement Patterns

1. Assesses a creative movement performance. (S1.M1.7)
2. Demonstrates passing and receiving with feet in authentic settings. (S1.M4.7)
3. Demonstrates offensive skills with defensive pressure. (S1.M7.7)
4. Demonstrates shooting on goal with power and accuracy in authentic settings. (S1.M10.7)

Applies Concepts, Principles, Strategies and Tactics

5. Uses defensive tactics to reduce space. (S2.M5.7, S2.M11.7)
6. Varies the speed and trajectory of the shot based on the location of the object in relation to the target. (S2.M9.7)

Fitness Knowledge and Skills

7. Identifies and performs activities to improve or maintain muscular strength and endurance. (S3.M3.7)

Responsible Personal and Social Behavior

9. Provides corrective feedback to a peer using a skill checklist. (S4.M3.7)

Recognizes the value of Physical Activity

10. Demonstrates positive strategies when faced with a group challenge. (S5.M3.7)
Grade 8

Motor Skills and Movement Patterns

1. Creates an original movement sequence as an individual or with a partner. (S1.M1.8)
2. Demonstrates passing and receiving with an implement in authentic settings. (S1.M4.8)
3. Demonstrates forehand and backhand volleys with an implement in authentic settings. (S1.M16.8)

Applies Concepts, Principles, Strategies and Tactics

4. Develops strategies with teammates to reduce open space. (S2.M4.8, S2.M5.8)
5. Applies transitions from offense to defense or defense to offense in game play. (S2.M6.8)

Fitness Knowledge and Skills

6. Analyzes personal body composition levels through health-related fitness assessments. (S3.M1.8)
7. Identifies and performs static and dynamic activities to improve or maintain flexibility. (S3.M9.8)
8. Designs and implements a plan to improve two (2) areas of health-related fitness based on fitness assessments. (S3.M16.8)

Responsible Personal and Social Behavior

9. Demonstrates cooperation with multiple classmates on problem-solving initiatives. (S4.M5.8)

Recognizes the value of Physical Activity

10. Identifies and justifies activities that prompt enjoyment. (S5.M5.8)