

## GENERIC LEARNER OUTCOMES FOR SECONDARY PHYSICAL EDUCATION

Expectations	6 <sup>th</sup> grade	7 <sup>th</sup> grade	8 <sup>th</sup> grade
Follows rules and regulations	√	√	√
Understands how to respond to emergency situations	√	√	√
Understands and applies personal hygiene	√	√	√
Demonstrates active listening skills	√	√	√
Understands reasons for game rules	√	√	√
Understands the meaning of fair play	√	√	√
Demonstrates the skills necessary to be a leader and/or effective group member	√	√	√
Understands critical thinking skills	√	√	√
Understands special needs of other students	√	√	√
Understands how to use conflict resolution w/out physically or verbally attacking others	√	√	√
Knows proper warm-up and cool-down procedures	√	√	√
Understands the negative effects of drugs on the body and can identify benefits of being drug free (ex. Steroids)	√	√	√
Understands cultural diversity	√	√	√
Understands creativity and performing	√	√	√
Understands having their own wellness plan	√	√	√

## FITNESS LEARNER OUTCOMES

6 <sup>TH</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Identifies health related components of fitness	√	Can describe physiological changes occurring with increase fitness level
Identifies with skill-related components of fitness	√	√
Knows how to find pulse	Learns target heart rate	Knows how to sustain level in a training zone
Knows the difference of resting and active heart rate	√	√
Can use physical activity journal	Understands principle of training	√
Identifies their level of fitness and can interpret and set goals	√	Plans an individual fitness program; changing/adapting outcomes; realistic fitness goals
Identify aerobic and anaerobic activities	Understand long term benefits	Understands fitness values of individual and team sports
Follows safety procedures	√	√

## GENERIC LEARNER OUTCOMES FOR SECONDARY PHYSICAL EDUCATION

### TECHNOLOGY LEARNER OUTCOMES

	6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Explores the use of technology in sports and physical activities (pedometers, heart rate monitors, computer software, digital cameras, etc.)	√	√	√

### BODY MANAGEMENT LEARNER OUTCOMES

6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Identify mechanical principles in body management	Demonstrates mechanical principles in body management	Exhibit an improved level of technique and combination skills

### ADVOCACY/PROMOTING PHYSICAL FITNESS LEARNER OUTCOMES

	6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Explores diverse non-traditional physical activity that is current in today's society.	√	√	√

### STRIKING WITH BODY PARTS LEARNER OUTCOMES

6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Identifies mechanical principals when striking objects with various body parts.	Demonstrates mechanical principals when striking objects with various body parts.	Demonstrates techniques to improve their ability to strike objects.

### STRIKING WITH OBJECTS LEARNER OUTCOMES

6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Identifies mechanical principals when striking objects with various objects.	Demonstrates mechanical principals when striking objects with various objects.	Demonstrates techniques to improve their ability to strike objects.

### THROWING AND CATCHING LEARNER OUTCOMES

6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
Knows correct throwing techniques with a variety of objects	Demonstrates throwing techniques with a variety of objects	Exhibit an improved level of throwing techniques with a variety of objects