

Diocese of Jefferson City Curriculum Guide

Content Area: Physical Education
 Grade Range: Seventh/Eighth Grade
 Section/Heading: 7/8A

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understand the social and personal responsibility associated with participation in physical activity.

Performance Indicators		
<ol style="list-style-type: none"> 1. Play safely and by the rules. 2. Display good sportsmanship and Christian values. 3. Improve and refine physical skills. 4. Understand and relate how the importance of better coordination, endurance, and good attitude contribute to a healthy life-style. 5. Understand the physical challenges faced by people with disabilities. 6. Continue to follow rules and procedures with little reinforcement. 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
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 Section/Heading: 7/8A.2

Strand: Personal Physical Activity

Diocesan Standard Terra Nova Objective	Benchmark Statement
Personal Physical Activity	Understand the social and personal responsibility associated with participation in group and individual physical activities.

Performance Indicators		
<ol style="list-style-type: none"> 1. Demonstrate knowledge, rules and skills necessary to participate in team sports. 2. Demonstrate the knowledge and skills needed to participate in individual and recreational activities (racquet sports, bowling, golf, swimming, track and field). 		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: Seventh/Eighth Grade
 Section/Heading: 7/8B.1

Strand: Motor Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Motor Skills	Use movement concepts and principles in the development of motor skills.

Performance Indicators		
<ol style="list-style-type: none"> 1. Perform locomotor skills alone, with a partner, or in a group. 2. Demonstrate eye-hand and eye-foot coordination (overhand and underhand throwing, non dominant and dominant throwing, kicking and dribbling, catching in stationary and moving positions). 		
Suggested Activities		Resources

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Content Area: Physical Education
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 Section/Heading: 7/8C.1

Strand: Movement Skills

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Use a variety of basic and advanced movement forms.

Performance Indicators		
1. Demonstrate basic skills of movement (coordination, fluidity, rhythm) through selected activities.		
Suggested Activities	Assessment	Resources

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Content Area: Physical Education
 Grade Range: Seventh/Eighth Grade
 Section/Heading: 7/8D.1

Strand: Monitoring and Maintaining Physical Health

Diocesan Standard Terra Nova Objective	Benchmark Statement
Movement Skills	Understand how to monitor and maintain a health-enhancing level of physical fitness.

Performance Indicators		
<ol style="list-style-type: none"> 1. Assess physical fitness level and participate in activities that improve physical fitness, wellness, and cardiovascular capacity (assessment testing). 2. Understand and apply long-term physical, mental and social benefits of regular participation in physical activity. 		
Suggested Activities	Assessment	Resources