

### **MIDDLE SCHOOL FITNESS POWER STANDARDS – 6th GRADE**

- I. Students will understand the importance of fitness for a healthy life.
  - Demonstrate active participation in fitness activities
  - Participate, record and meet HFZ in fitness assessments
  - Name the components of the FITT principle
- II. Students will develop and use strategies for effective participation in physical activities.
  - Demonstrate active participation in daily activities
  - Demonstrate cooperation and sportsmanship
  - Know and apply game rules
- III. Students develop and demonstrate motor skills that contribute to movement proficiency.
  - Demonstrate proper skill mechanics in a variety of physical activities
- IV. Students will understand the relationship between nutrition and physical activity for a healthy life.
  - Recognize proper nutrition for a healthy lifestyle
  - Understand that physical activity burns calories
- V. Students will understand and demonstrate safety rules and procedures in a variety of physical activities.
  - Recognize safety signals, rules and personal space
  - Retrieve and return equipment in a safe manner

### **MIDDLE SCHOOL FITNESS POWER STANDARDS – 7th GRADE**

- I. Students will understand the importance of fitness for a healthy life.
  - Demonstrate active participation in fitness activities
  - Participate, record, evaluate and meet HFZ in fitness assessments
  - Name and define the components of the *F.I.T.T.* principle
- II. Students will apply strategies for effective participation in physical activities.
  - Demonstrate active participation in daily activities
  - Demonstrate cooperation and sportsmanship
  - Demonstrate understanding of offense and defense
  - Understand and apply rules, and safety procedures in a variety of physical activities
- III. Students will demonstrate fundamental and complex motor skills that contribute to motor proficiency.
  - Demonstrate proper skill mechanics in a variety of physical activities
- IV. Students will understand the relationship between nutrition and physical activity, for a healthy life.
  - Recognize nutritious food choices
  - Understand and state the relationship between caloric intake and physical activity

### **MIDDLE SCHOOL FITNESS POWER STANDARDS – 8th GRADE**

- I. Students will understand the importance of fitness for a healthy life.
  - Demonstrate active participation in fitness activities
  - Participate, record, analyze and meet HFZ in fitness assessments
  - Name, define and apply the components of the *F.I.T.T.* principle
- II. Students will use and apply skills and strategies for effective participation in physical activities.
  - Demonstrate active participation in daily activities
  - Demonstrate cooperation and sportsmanship
  - Demonstrate understanding of offensive and defensive strategies
  - Ability to organize games applying rules and safety procedures
- III. Students will demonstrate fundamental and complex motor skills that contribute to motor proficiency.
  - Demonstrate proper skill mechanics in a variety of physical activities
- IV. Students will understand the relationship between nutrition and physical activity, for a healthy life.
  - Meets standard in the CBA: *F.I.T.T.* Plan for Pat
  - Understand the relationship between nutrition and physical activity, for a healthy life

