

Report Card Skills:

Students Will Know/Students Will Be Able To...

Physical Education

Report Card Skill: **Reaches and maintains a healthy level of physical fitness**

For this skill, students will know:

- *the difference between exercise and activity
- *correct form and technique for FitnessGram tests
- *how to relate activities to improve on their FitnessGram tests
- *how to keep one's heart rate in the healthy fitness zone
- *how to identify which activities will produce their Moderate to Vigorous Physical Activity level (MVPA)

For this skill, students will be able to:

- *demonstrate proper FitnessGram technique
- *enter personal data/results into the FitnessGram computer program
- *perform exercise/activity that keeps the heart rate in the healthy fitness zone
- *perform activities at their MVPA level

Report Card Skill: **Learns and understands movement skills and concepts**

For this skill, students will know:

- *activity-specific movements used in a game

For this skill, students will be able to:

- *demonstrate proper movement techniques
- *perform practice drills
- *play lead-up games

Report Card Skill: **Applies game play strategies and tactics**

For this skill, students will know:

- *the rules and regulations for game units
- *when to apply learned movement skills
- *definitions of game terms (offense, defense, zones, etc.)

For this skill, students will be able to:

- *follow rules during game play
- *strategically execute movement skills in competition
- *analyze game play and recognize rule violations

Health

Report Card Skill: Understands prevention of/treatment for illnesses and injuries	
For this skill, students will know: *basic injury treatment *proper technique for activity/exercise *the importance of good personal hygiene and nutrition to prevent illness	For this skill, students will be able to: *apply basic injury treatment *perform activity/exercise with proper technique to avoid injury *identify and analyze personal hygiene and nutrition habits

Report Card Skill: Promotes and encourages team-building, healthy communication, decision-making and goal-setting	
For this skill, students will know: *the steps required to set a personal goal *the steps for effective decision-making *how to effectively communicate with peers and authority figures *the importance of working effectively with teammates	For this skill, students will be able to: *create and work towards achieving a health-related fitness goal *make a positive decision using problem-solving skills *communicate effectively with peers and authority figures *work in cooperation with teammates