



**Dover Area School District Curriculum K-U-D  
Physical Education - Middle School**

Standard	Know	Understand	Do
<p>SHAPE America Standard 1: Students will understand the technique needed to demonstrate competency in a variety of motor skills and movement pattern.</p>	<p>Students should know the correct form for throwing, catching, dribbling, shooting, and striking using a variety of implements.</p>	<p>Understanding the technique needed to demonstrate competency in a variety of motor skills and movement patterns help performance levels in a variety of sports and organized games.</p>	<p>Demonstrate a mature pattern when throwing.</p> <p>Demonstrate a mature pattern when catching from a variety of trajectories.</p> <p>Pass and receive with feet in combination with locomotor patterns of running and change of direction and speed.</p> <p>Dribble with dominant hand/foot dribble/dribble with an implement using a change of speed and direction.</p> <p>Shoot on goal with power and accuracy.</p> <p>Maintain defensive-ready position, with weight on balls of feet, arms extended and eyes on midsection of the offensive player.</p> <p>Demonstrate the mature form of forehand and backhand strokes with a short- or long-handled implement in net games such as pickleball, tennis, badminton or paddle ball</p> <p>Strike a pitched ball with an implement.</p>
<p>SHAPE America Standard 2: Students will understand concepts, principles, strategies and tactics related to movement and performance.</p>	<p>Students should know the concepts, principles, strategies and tactics related to movement and performance.</p>	<p>Understanding concepts, principles, strategies and tactics related to movement and performance will increase success in sports performance.</p>	<p>Create open space by using locomotor movements (e.g., walking, running, jumping and landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace).</p> <p>Transition from offense to defense or defense to offense by recovering quickly and communicating with teammates.</p> <p>Vary the speed and/or trajectory of the shot based on location of the object in relation to the target.</p> <p>Select the correct defensive play based on the situation (e.g., number of outs).</p>
<p>SHAPE America Standard 3: Students will understand what is necessary to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>Students should know how to safely exercise, set goals, evaluate current fitness levels, the areas of Health Related and Skill Related Fitness, Rate of Perceived Exertion, stress management strategies, and where to find resources for a variety of physical activities.</p>	<p>Understanding what is necessary to achieve and maintain a health-enhancing level of physical activity and fitness improves quality of life.</p>	<p>Describe how being physically active leads to a healthy body.</p> <p>Participate in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training.</p> <p>Distinguish between health-related and skill-related fitness.</p> <p>Set and monitor a self-selected physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level.</p> <p>Employ correct techniques and methods of stretching.</p> <p>Identify each of the components of the overload principle (FITT formula: frequency, intensity, time &amp; type) for different types of physical activity (aerobic, muscular fitness and flexibility).</p> <p>Define how the Rate of Perceived Exertion (RPE) scale can be used to determine the perception of the work effort or intensity of exercise.</p> <p>Apply the RPE to own developed fitness goals.</p>



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			Practice strategies for dealing with stress, such as deep breathing, guided visualization, and aerobic exercise.
SHAPE America Standard 4: Students will understand the importance of responsible personal and social behavior that respects self and others.	The students should know how to communicate effectively, use positive social interaction skills, provide and receive constructive feedback from others, and apply rules to sports and games.	Engaging in responsible personal and social behavior that respects self and others will help students express their opinions and thoughts, understand the perspectives of others, build strong relationships and solve problems together.	<p>Exhibit responsible social behaviors. Cooperate with classmates, demonstrate inclusive behaviors, and support classmates.</p> <p>Problem-solve with a small group of classmates during adventure activities, small-group initiatives, or game play.</p> <p>Identify the rules and etiquette for physical activities, games, and dance activities.</p> <p>Use physical activity and fitness equipment appropriately and safely, with the teacher's guidance.</p>
SHAPE America Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self expression and/or social interaction.	Students should know the benefits of regular physical activity.	Participating in regular physical activity improves health and provides opportunities for enjoyment, challenge, self expression and social interaction.	<p>Identify components of physical activity that provide opportunities for reducing stress and for social interaction.</p> <p>Recognize individual challenges and cope in a positive way. Extend effort, ask for help or feedback from teacher and/or peers, and/or modify tasks to meet personal goals.</p> <p>Demonstrate respect for self and others in activities and games. Follow the rules, encourage others, and play in the spirit of the game or activity.</p>