

## Middle School Physical Education Integrated Movement Grades 6 – 8

### Skill Theme: Sixth Grade Integrated Movement

#### SHAPE Maryland Standards

**Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.

- S1.G6.1 *Dance & Rhythms:* Demonstrates correct rhythm and pattern for one dance form.
- S1.G6.4a *Passing & Receiving:* Passes and receives with hands while changing direction and speed with competency.
- S1.G6.5a. *Offensive Skill:* Performs pivots, fakes, and jab steps designed to create open space during practice tasks.
- S1.G6.5b *Offensive Skill:* Performs the following offensive skills without defensive pressure: pivot, give and go, and fakes.
- S1.G6.8 *Defensive Skills:* Maintains defensive-ready position with weight on balls of feet, arms extended, and eyes on midsections of the offensive player.
- S1.G6.19 *Individual Performance Activities:* Demonstrates correct technique for basic skills in one self-selected individual performance activity.

**Standard 2:** Applies knowledge of concepts, principles, strategies and tactics related to movement and performances.

- S2.G6.1 *Creating Space- Movement:* Creates open space in combination with movement concepts.
- S2.G6.2 *Creating Space- Offensive Tactics:* Executes at least one of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go.
- S2.G6.3 *Reducing Space- Changing Size and Shape:* Reduces open space on defense by making the body larger and reducing passing angles.
- S2.G6.4 *Reducing Space- Using Denial:* Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return of the pass.
- S2.G6.5 *Transitions:* Transitions from offense to defense or defense to offense by recovering quickly.
- S2.G6.7 *Using Tactics & Shots:* Reduces offensive options for opponents by returning to mid-court position.
- S2.G6.8 *Shot Selection:* Selects appropriate shot based on location of the object in relation to the target.
- S2.G6.9 *Offensive Strategies:* Identifies open spaces and attempts to strike object into that space.
- S2.G6.10 *Reducing Space:* Identifies the correct defensive play based on the situation.
- S2.G6.11a *Movement Concepts:* Varies application of force during dance or gymnastic activities.

**Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- S3.G6.2 *Engages in Physical Activity:* Participates in a variety of moderate-to-vigorous physical activities (cardio-kick, step aerobics, aerobic dance, recreational team sports, outdoor pursuits, or dance activities).
- S3.G6.3a *Fitness Knowledge:* Identifies the components of skill-related fitness.

**Standard 4:** Exhibits responsible personal and social behavior that respects self and others.

- S4.G6.2 *Accepting Feedback:* Demonstrates self-responsibility by implementing specific corrective feedback to improve performance.

#### HCPS Sixth Grade Integrated Movement Outcomes

- #5\* - Demonstrates a sequence of skill related movements (Psychomotor)
- #6\* - Performs offensive strategies in modified games (Psychomotor)
- #7\* - Performs defensive strategies in modified games (Psychomotor)
- #8 - Evaluates movement patterns in a variety of skill theme activities (Cognitive)

\*Indicates required outcome for every other day students

## Middle School Physical Education Integrated Movement Grades 6 – 8

### Skill Theme: Seventh Grade Integrated Movement

#### SHAPE Maryland Standards

**Standard 1:** Demonstrate competency in a variety of motor skills and movement patterns.

S1.G7.1 *Dance & Rhythms:* Demonstrates correct rhythm and pattern for one dance form.

S1.G7.4a *Passing & Receiving:* Passes and receives with feet while changing direction and speed with competency.

S1.G7.4b *Passing & Receiving:* Throws, while moving, a leading pass to a moving receiver.

S1.G7.5a *Offensive Skill:* Executes at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps.

S1.G7.5b *Offensive Skill:* Performs the following offensive skills with defensive pressure: pivot, give and go, and fakes.

S1.G7.8 *Defensive Skills:* Slides in all directions while on defense without crossing feet.

S1.G7.19 *Individual-performance activities:* Demonstrates correct technique for a variety of skills in one self-selected individual performance activity.

**Standard 2:** Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

S2.G7.1 *Creating space with movement:* Reduces open space in combination with movement concepts.

S2.G7.2 *Creating space with offensive tactics:* Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give and go

S2.G7.3 *Reducing Space - Changing Size and Shape:* Reduces open space on defense by staying close to the opponent as they near the goal.

S2.G7.4 *Reducing Space - Using Denial:* Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection.

S2.G7.5 *Transitions:* Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates.

S2.G7.10 *Reducing Space:* Selects the correct defensive play based on the situation.

S2.G7.11a *Movement Concepts:* Identifies and applies Newton's Laws of Motion to various dance or movement activities.

**Standard 3:** Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

S3.G7.2 *Engages in Physical Activity:* Participates in a variety of moderate to vigorous strength and endurance fitness activities (Pilates, resistance training, body weight training, free weight training, dual and individual sports, martial arts, or aquatic activities).

**Standard 4:** Exhibit responsible personal and social behavior that respects self and others.

S4.G7.2 *Accepting Feedback:* Provides corrective feedback to a peer, using teacher-generated guidelines, that incorporates appropriate tone and other communication skills.

#### HCPS Seventh Grade Integrated Movement Outcomes

- #5\* - Demonstrates a sequence of skill related movements. (Psychomotor)
- #6\* - Utilizes offensive strategies for tactical games categories. (Psychomotor)
- #7\* - Utilizes defensive strategies for tactical games categories. (Psychomotor)
- #8 - Evaluates a combination of movement patterns in a skill sequence. (Cognitive)

\*Indicates required outcome for every other day students

## Middle School Physical Education Integrated Movement Grades 6 – 8

### Skill Theme: Eighth Grade Integrated Movement

#### SHAPE Maryland Standards

**Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns.

- S1.G8.1 *Dance & rhythms:* Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group.
- S1.G8.4a *Passing & receiving:* Passes and receives with an implement while changing direction, speed, and/or level, with competency
- S1.G8.5a *Offensive skills:* Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.
- S1.G8.5b *Offensive skills:* Executes the following offensive skills during small-sided game play: pivot, give & go, and fakes.
- S1.G8.19 *Individual-performance activities:* Demonstrates correct technique for basic skills in at least two self-selected individual performance activities.

**Standard 2:** Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- S2.G8.1 *Creating space – movement:* Opens and closes space during small-sided game play with movement concepts.
- S2.G8.2 *Creating space - offensive tactics:* Executes at least three of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes and pathways; give and go.
- S2.G8.5 *Transitions:* Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.
- S2.G8.10 *Reducing space:* Reduces open spaces in the field by working with teammates to maximize coverage.
- S2.G8.11a *Movement Concepts:* Describes and applies mechanical advantage(s) for a variety of movement patterns.

**Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

- S3.G8.2a *Engages in physical activity:* Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming.

**Standard 4:** Exhibits responsible personal and social behavior that respects self and others.

- S4.G8.2 *Accepting feedback:* Provides encouragement and feedback to peers without prompting from the teacher.

#### HCPS Eighth Grade Integrated Movement Outcomes

- #5\* - Displays a creative individual/partner/ group performance of skill related movements (Psychomotor)
- #6\* - Utilizes offensive strategies for tactical games categories (Psychomotor)
- #7\* - Utilizes defensive strategies for tactical games categories (Psychomotor)
- #8 - Evaluates movement skill and skill combinations in physical activity settings (Cognitive)

\*Indicates required outcome for every other day students