

TFSD Power Standards

Grade 6 - 8

Physical Education

Standard 1: Skilled Movement

Students understand and demonstrate competency in motor skills and movement patterns needed in a variety of physical activities such as soccer / speedball, flag football, Frisbee games, volleyball, basketball, hockey, badminton, pickle ball, track and field, softball.

Standard 2: Movement Knowledge

Students demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of these various activities: soccer/speedball, flag football, Frisbee games, volleyball, basketball, hockey, badminton, pickle ball, track and field, and softball.

Standard 3: Physically Active lifestyle

Students participate in physical activity for health, enjoyment, challenge, self expression and/or social interaction.

Standard 4: Personal Fitness

Students achieve and maintain a health enhancing level of fitness.

Standard 5: Personal and Social Responsibility

Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.