

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Benchmark: None

Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Serves volleyball underhand using mature form (e.g., stands with feet apart, watches ball, pulls arm and shifts weight backward, swings arm and shifts weight forward, contacts ball and follows through).			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Dribbles a ball while preventing an opponent from stealing the ball.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Detects and corrects errors in personal performance when shooting a free throw based on knowledge of results.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Identifies similarities in body position when waiting to receive a serve in volleyball and defending a player in soccer and the reasons why they are similar.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Selects appropriate practice procedures to learn and master skills and movement patterns.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Benchmark: None

Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Identifies proper warm-up and cool-down techniques and reasons for using them.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Designs a new game that incorporates basketball skills and tactics that can be played fairly by all students, including those with physical challenges.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Describes basic principles of training and how they improve fitness.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. After observing a team of volleyball players, describes the characteristics that enable success in serving, passing, and spiking.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Benchmark: None

Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
8. States the biomechanical reason to extend the elbow in striking skills (i.e., increase radius of rotation to increase the force imparted to the ball.).			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Participates in health-enhancing physical activities both during and outside of school.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Sets realistic physical activity goals and strives to attain them through participation in activities of his or her choosing.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Accumulates a recommended number of minutes of moderate to vigorous physical activity outside of physical education class on five or more days during the week.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Regulates physical activity behavior by using appropriate cues and movement principles.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Maintains a physical activity log for a seven-day period, documenting progress toward achievement of personal goals.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Accumulates a specified number of steps during the day (e.g., 10,000 steps)			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Participates in activities designed to improve or maintain muscular strength and endurance, flexibility, cardiorespiratory endurance, and body composition both during and outside of school.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Self-assesses heart rate before, during, and after vigorous physical activity.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Demonstrates appropriate training principles and exercise techniques during participation in activities designed to improve physical fitness.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Maintains heart rate in target heart rate zone for a minimum of 20 minutes while participating in a physical activity of his or her choice.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Meets the age-and gender-specific health-related fitness standards.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Formulates meaningful personal fitness goals based on the results of fitness testing.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Makes responsible decisions about using time, applying rules, and following through with the decisions made.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Uses time wisely when given opportunity to develop components of a kick boxing routine.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Makes decisions for modifying a soccer game to allow members to participate.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Remains on-task in a group activity without close teacher monitoring.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Includes concerns for safety of self and others during an orienteering activity.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Considers the consequences of various choices when confronted with negative peer pressure.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Plays within the rules of the game or activity.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
8. Shows self-control by accepting a controversial decision of an official.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
9. Resolves interpersonal conflicts with a sensitivity to the rights and feelings of others.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
10. Recognizes the role of games, sports, and dance in getting to know and understand others of like and different backgrounds.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
11. Through verbal and nonverbal behavior, demonstrates cooperation with peers of different gender, race, ethnicity, and ability in a physical activity setting.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
12. Seeks out, participates with, and shows respect for a peer of lesser skill ability.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Describes ways to use the body and movement to communicate ideas and feelings.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Recognizes physical activity as a positive opportunity for social and group interaction.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Appreciates the aesthetic and creative aspects of skilled performance in others and in self.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Sees learning new activities and skills as challenging.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Enjoys becoming more skilled through effort and practice.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Seeks personally challenging experiences in physical activity opportunities.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
Benchmark: None			
Content Organizer: 6-8 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Invites all students, regardless of ability, to participate in physical activities.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 6-8 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
8. Analyzes selected physical experiences for social, emotional, and health benefits.			