



Physical Education Benchmarks Blue Oak Middle School

Middle School physical education students are assessed using a variety of assessment tools including, but not limited to, rubrics, performance assessments, written assessments, personal assessments, classroom observations, and teacher / observer evaluations. The Middle School physical education benchmarks build upon the National Standards developed by the National Association for Sport and Physical Education (NASPE). These benchmarks serve as guides for teaching and learning:

- **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

Students experience and develop motor skills in an environment that is fun and non-threatening. Primary motor skills are explored through team and individual sports, cooperative games, fitness activities, new games and adventure-based activities.

- **Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.**

Students are encouraged to explore a variety of movement concepts and strategies and apply them to real-life physical activity situations. Asking students to reflect upon their physical experiences and providing a basis for self-evaluation allows students to use cognitive information to enhance motor skill acquisition and performance.

- **Demonstrates responsible personal and social behavior.**

Learning how to appropriately engage with others is crucial to a student's physical, social, emotional and intellectual development. Students learn how to follow guidelines, think critically, participate and reflect on their experiences and behaviors.

- **Demonstrates the ability to use effective interpersonal skills.**

A goal of the physical education program is to provide students with opportunities to develop effective skills for problem solving and conflict resolution. Problems are identified, conflict is managed, the group process is reflected upon and leadership strategies are discussed.

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- **Demonstrates the ability to use the decision-making skills of appropriate goal setting, risk taking and problem solving.**

The physical education program provides many opportunities to explore the decision-making process through physical activity. Students experience opportunities to learn effective strategies for setting and achieving goals, demonstrate an understanding of the benefits and consequences of risk, and developing appropriate skills for identifying and solving problems.

- **Demonstrates an understanding of the concepts and skills needed to achieve and maintain a health-enhancing level of physical fitness**

Traditional and non-traditional activities are selected to build an appreciation for life-long fitness. Students will discuss, practice, demonstrate and share strategies, skills and concepts that demonstrate an appropriate understanding of physical fitness.

- **Values physical activity for health, enjoyment, challenge, self-expression and social interaction**

This curriculum provides activities that are different from traditional sports. These activities promote creativity and self-expression through small and large group activities.

- **Demonstrates an understanding of and respect for differences**

This curriculum illustrates the need to understand each of our roles and embrace the differences that occur within a group. A key component of the physical education program involves experiencing the power of difference from engaging with people of different abilities and backgrounds.