

The Proficient Student:	The Borderline Proficient Student:
<p><b>Statement</b> A student who is proficient in physical education grades 6–8 will <b>exhibit abilities</b> to make connections in the areas of knowledge, skills, and applications as they relate to physical fitness, it's components, and principles.</p>	<p><b>Statement</b> A student who is borderline proficient in Physical Education grades 6–8 <b>will recognize</b> abilities to make connections in the areas of knowledge, skills, and applications as they relate to physical fitness, it's components, and principles.</p>
<p><b>The Proficient Student:</b> will be able to <b>analyze and apply concepts</b> related to fitness components with various physical activities. Skill-related fitness includes:</p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Coordination</li> <li>• Speed</li> <li>• Power</li> <li>• Reaction time</li> </ul>	<p><b>The Borderline Proficient Student:</b> will be able to <b>recognize and identify skills</b> related fitness components with various physical activities. Skill-related fitness includes:</p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Coordination</li> <li>• Speed</li> <li>• Power</li> <li>• Reaction time</li> </ul>
<p>will be able to <b>analyze and utilize</b> health-related components associated with an active lifestyle as related to their age, weight, and level of fitness. Health-related fitness includes:</p> <ul style="list-style-type: none"> <li>• Body composition</li> <li>• Cardiovascular endurance</li> <li>• Heart rate</li> <li>• Muscular endurance</li> <li>• Muscular strength</li> <li>• Flexibility</li> </ul>	<p>will be able to <b>identify cause and effect</b> on health-related components associated with an active lifestyle as related to their age, weight, and level of fitness. Health-related fitness includes:</p> <ul style="list-style-type: none"> <li>• Body composition</li> <li>• Cardiovascular endurance</li> <li>• Heart rate</li> <li>• Muscular endurance</li> <li>• Muscular strength</li> <li>• Flexibility</li> </ul>
<p>will be able to <b>analyze and use</b> the principles of specificity, overload, and progression <b>to draw conclusions and apply the concepts</b> of frequency, intensity, time, and type (F.I.T.T. Principle). Principles of physical education include:</p> <ul style="list-style-type: none"> <li>• Specificity</li> <li>• Overload</li> <li>• Progression</li> </ul>	<p>will be able to <b>use</b> the principles of specificity, overload, and progression <b>to make observation and identify concepts</b> of, frequency, intensity, time, and type (F.I.T.T. Principle). Principles of physical education include:</p> <ul style="list-style-type: none"> <li>• Specificity</li> <li>• Overload</li> <li>• Progression</li> </ul>
<p>will be <b>fluent in</b> academic vocabulary as it pertains to physical education and its application to physical activities—PE vocabulary ( i.e., skills and health-related activities).</p>	<p>will <b>recognize</b> academic vocabulary as it pertains to physical education and its application to physical activities—PE vocabulary ( i.e., skills and health-related activities).</p>