



## Moscow School District #281

### Mastery Learning Map

#### 6<sup>th</sup> Grade Physical Education

1. Competency Statements for

**Movement**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 2: Movement Knowledge**

*The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.*

The learner will:

1. Demonstrate mature form in the basic skills of more specialized activities (e.g., wall/net, invasion, field/striking, target, dance, outdoor activities, fitness, etc.). 6-8.PE.1.1.1

State Standards

6-8.PE.1.1.1

# Moscow School District #281

## Mastery Learning Map

### 6<sup>th</sup> Grade Physical Education

2. Competency Statements for  
**Personal Fitness**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 3: Health Enhancing Personal Fitness**  
*The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.*

The learner will:

1. Know and can demonstrate the 5 health-related fitness components by improving, meeting and/or sustaining appropriate fitness standards (e.g., healthy fitness level, activities that demonstrate each component). 6-8.PE.3.1.1

State Standards

6-8.PE.3.1.1

# Moscow School District #281

## Mastery Learning Map

### 6<sup>th</sup> Grade Physical Education

3. Competency Statements for

**Personal & Social Responsibility**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 4: Personal and Social Responsibility**  
*The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.*

The learner will:

1. Apply safe practices, ethical behavior, and positive forms of social interaction when participating in physical activities (e.g. participate within the rules of an activity, display good sportsmanship, practice self-control, etc.). 6-8.PE.4.1.1

State Standards

6-8.PE.4.1.1

# Moscow School District #281

## Mastery Learning Map

### 6<sup>th</sup> Grade Physical Education

<p><b>4. Competency Statements for</b></p> <p><b>Physically Active Lifestyle</b></p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><b>State &amp; National Standard 5: Valuing a Physically Active Lifestyle</b></p> <p>The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression, and/or social interaction.</p>
	<p>The learner will:</p> <ol style="list-style-type: none"> <li>1. Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time. 6-8.PE.5.1.1</li> <li>2. Accumulate a total of at least 60 minutes of moderate to vigorous physical activity throughout the day as recommended within the public health guidelines (e.g., activity logs, step count of at least 12000 steps per day, activity breaks). 6-8.PE.5.1.2</li> <li>3. Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, and community (bowl, golf, camp, teams, lessons, fitness clubs, etc.). 6-8.PE.5.1.3</li> </ol>
<p>State Standards</p>	<p>6-8.PE.5.1.1, 6-8.PE.5.1.2, 6-8.PE.5.1.3</p>



## Moscow School District #281

### Mastery Learning Map

#### 7<sup>th</sup> Grade Physical Education

1. Competency Statements for

**Movement**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 2: Movement Knowledge**

*The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.*

The learner will:

1. Adapt and combine skills successfully in modified games or activities of increasing complexity and in combination with other basic skills. 6-8.PE.1.1.2

State Standards

6-8.PE.1.1.2

# Moscow School District #281

## Mastery Learning Map

### 7<sup>th</sup> Grade Physical Education

<p><b>2. Competency Statements for Personal Fitness</b></p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><b>State &amp; National Standard 3: Health Enhancing Personal Fitness</b>  <i>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.</i></p>
	<p>The learner will:</p> <ol style="list-style-type: none"> <li>1. Assess physiological indicators of exercise during and after physical activity (e.g., target heart rate zone, perceived exertion). 6-8.PE.3.1.4</li> </ol>
<p>State Standards</p>	<p>6-8.PE.3.1.4</p>

# Moscow School District #281

## Mastery Learning Map

### 7<sup>th</sup> Grade Physical Education

**3. Competency Statements for Personal & Social Responsibility**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 4: Personal and Social Responsibility**  
*The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.*

The learner will:

1. Work independently and in groups to achieve goals in competitive and cooperative settings (e.g. identify ways to relieve stress, develop team goals, practice for competition, sport education, adventure activities, challenge activities, etc.). 6-8.PE.4.1.3

State Standards

6-8.PE.4.1.3

# Moscow School District #281

## Mastery Learning Map

### 7<sup>th</sup> Grade Physical Education

<p><b>4. Competency Statements for Physically Active Lifestyle</b></p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><b>State &amp; National Standard 5: Valuing a Physically Active Lifestyle</b></p> <p>The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression, and/or social interaction.</p>
	<p>The learner will:</p> <ol style="list-style-type: none"> <li>1. Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time. 6-8.PE.5.1.1</li> <li>2. Accumulate a total of at least 60 minutes of moderate to vigorous physical activity throughout the day as recommended within the public health guidelines (e.g., activity logs, step count of at least 12000 steps per day, activity breaks). 6-8.PE.5.1.2</li> <li>3. Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, and community (bowl, golf, camp, teams, lessons, fitness clubs, etc.). 6-8.PE.5.1.3</li> </ol>
<p>State Standards</p>	<p>6-8.PE.5.1.1, 6-8.PE.5.1.2, 6-8.PE.5.1.3</p>





## Moscow School District #281

### Mastery Learning Map

#### 8<sup>th</sup> Grade Physical Education

#### 1. Competency Statements for

#### Movement

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

#### **State & National Standard 2: Movement Knowledge**

*The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.*

The learner will:

1. Identify and apply the critical elements, strategies, and tactics of higher-level movements in wall/net, invasion, field/striking, target, dance, outdoor activities, fitness, etc., (e.g., transition from offense to defense, leave no trace, shortest distance, angles of interception, fluid sequential movement, etc.).  
6-8.PE.2.1.1

State Standards

6-8.PE.2.1.1

# Moscow School District #281

## Mastery Learning Map

### 8<sup>th</sup> Grade Physical Education

**2. Competency Statements for Personal Fitness**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 3: Health Enhancing Personal Fitness**  
*The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.*

The learner will:

1. I can apply basic principles and types of training to improve fitness goals (e.g., FITT principle, progression, specificity, rest and recovery, overload, interval training, circuit training, etc.). 6-8.PE.3.1.5

State Standards

6-8.PE.3.1.5

# Moscow School District #281

## Mastery Learning Map

### 8<sup>th</sup> Grade Physical Education

**3. Competency Statements for Personal & Social Responsibility**

*“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.*

**State & National Standard 4: Personal and Social Responsibility**  
*The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.*

The learner will:

1. Work independently and in groups to achieve goals in competitive and cooperative settings (e.g. identify ways to relieve stress, develop team goals, practice for competition, sport education, adventure activities, challenge activities, etc.). 6-8.PE.4.1.3

State Standards

6-8.PE.4.1.3

# Moscow School District #281

## Mastery Learning Map

### 8<sup>th</sup> Grade Physical Education

<p><b>4. Competency Statements for Physically Active Lifestyle</b></p> <p><i>“Learning Targets” are models of what educators may see in performance tasks when students demonstrate their increasing understanding and use of the competencies.</i></p>	<p><b>State &amp; National Standard 5: Valuing a Physically Active Lifestyle</b></p> <p>The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression, and/or social interaction.</p>
	<p>The learner will:</p> <ol style="list-style-type: none"> <li>1. Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time. 6-8.PE.5.1.1</li> <li>2. Accumulate a total of at least 60 minutes of moderate to vigorous physical activity throughout the day as recommended within the public health guidelines (e.g., activity logs, step count of at least 12000 steps per day, activity breaks). 6-8.PE.5.1.2</li> <li>3. Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, and community (bowl, golf, camp, teams, lessons, fitness clubs, etc.). 6-8.PE.5.1.3</li> </ol>
<p>State Standards</p>	<p>6-8.PE.5.1.1, 6-8.PE.5.1.2, 6-8.PE.5.1.3</p>