



Middle School Physical Education

2022-2023 Scope and Sequence

NCDPI Healthful Living: Grades 6-8

OVERVIEW

The Healthful Living Education (K-12 Health and Physical Education) promotes behaviors that contribute to a healthy lifestyle and improved quality of life for all students. The Healthful Living curriculum supports and reinforces the goals and objectives of its two major components health and physical education. When fully integrated, the NHCS Health and Physical Education curriculum not only empowers students to lead an active and healthy lifestyle but also instills positive and encouraging attitudes towards physical activity and lifelong fitness.

North Carolina Essential Standards – Physical Education

MS = MOTOR SKILLS

MC = MOVEMENT CONCEPTS

HF = HEALTH-RELATED FITNESS

PR = PERSONAL/SOCIAL RESPONSIBILITY

Grade	NC Essential Standards	Clarifying Objectives
8 th GRADE Motor Skills (MS)	Apply competent motor skills and movement patterns needed to perform a variety of physical activities.	<p>PE.8.MS.1.1 Execute proficiently some complex combinations of movements specific to game, sport, or physical activity settings in at least two of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.</p> <p>PE.8.MS.1.2 Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small-sided game situations.</p> <p>PE.8.MS.1.3 Apply basic strategies and tactics that contribute to successful participation. PE.8.MS.1.4 Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.</p>
8 th GRADE Movement Concepts (MC)	Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.	<p>PE.8.MC.2.1 Integrate increasingly complex discipline-specific knowledge, such as biomechanics, with movement skills.</p> <p>PE.8.MC.2.2 Compare movement concepts and principles, and critical elements of activity, of performances representing different levels of skill.</p> <p>PE.8.MC.2.3 Integrate strategies and tactics within game play.</p> <p>PE.8.MC.2.4 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.</p>
8 th GRADE Health-Related Fitness (HF)	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	<p>PE.8.HF.3.1 Evaluate progress toward achieving health-related fitness standards, using the results to make improvements.</p>



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		<p>PE.8.HF.3.2 Summarize the potential short- and long-term physical, social, and emotional impacts of physical activity as a positive lifestyle choice.</p> <p>PE.8.HF.3.3 Use a variety of resources to assess, monitor, and improve personal fitness.</p>
8th GRADE Personal/Social Responsibility (PR)	Use behavioral strategies that are responsible and enhance respect of self and others and value activity.	<p>PE.8.PR.4.1 Analyze a variety of settings and situations to determine appropriate safety, ethics, and the form of social interaction.</p> <p>PE.8.PR.4.2 Exemplify well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.</p> <p>PE.8.PR.4.3 Compare factors in different cultures that influence the choice of physical activity and nutrition.</p>