

**PULASKI COMMUNITY MIDDLE SCHOOL PHYSICAL EDUCATION
BENCHMARKS AND INDICATORS
GRADE 6**

STANDARD A: Leading an Active Lifestyle	
Benchmarks Grade 6	The student will:
6 A	Participate in physical activities that contribute to the attainment and maintenance of a healthy lifestyle.
6 B	Establish personal physical activity goals.
6 C	Participate in a variety of new activities in and outside of the physical education class.
Performance Indicators Grade 6	Performance on the preceding benchmarks will be satisfied when the student:
1.	Demonstrates and describes their participation in a variety of activities in and out of school.
2.	Identifies and maintains appropriate health-related fitness standards.
STANDARD B: Physical Skill Development	
Benchmarks Grade 6	The student will:
6 A	Apply motor skills in modified group and individual game situations.
6 B	Develop strategies (skills) to accomplish lifelong activities.
6 C	Apply movement skills to perform lifelong activities.
Performance Indicators Grade 6	Performance on the preceding benchmarks will be satisfied when the student:
1.	Demonstrates the ability to adapt basic skills to the dynamic, changing environment of an activity.
STANDARD C: Learning Skills	
Benchmarks Grade 6	The student will:
6 A	Understand advanced movement forms associated with developing higher skills in physical activities.
Performance Indicators Grade 6	Performance on the preceding benchmark will be satisfied when the student:
1.	Practices skills repetitively to improve performance or engages in activity to improve health status.
STANDARD D: Understanding Physical Activity and Well-Being	
Benchmarks Grade 6	The student will:
6 A	Express satisfaction when engaging in physical activity.
6 B	Understand how challenges can enhance his/her performance in physical activities.
6 C	Understand long-term physiological benefits of regular participants in physical activity.
6 D	Help to create an environment that provides for positive social interaction.

Performance Indicators Grade 6	Performance on the preceding benchmarks will be satisfied when the student:
1.	Reports a perceived enjoyment level from participating in preferred physical activities.
2.	Identifies physical activities that are personally challenging.
3.	Describes how practice will improve physical performance.
4.	Demonstrates good sportsmanship and cooperation toward all peers.
STANDARD E: Health-Enhancing Fitness	
Benchmarks Grade 6	The student will:
6 A	Understand how to and develop a plan to improve his/her personal level of physical fitness.
6 B	Understand the role exercise plays in body composition.
6 C	Understand the basic principles of training that improve physical fitness.
Performance Indicators Grade 6	Performance on the preceding benchmarks will be satisfied when the student:
1.	Documents and describes participation in a variety of vigorous physical activities.
2.	Describes the relationship between body composition and exercise.
3.	Identifies the five components of health-related fitness.
STANDARD F: Respectful Behavior	
Benchmarks Grade 6	The student will:
6 A	Follow rules, procedures, and etiquette in all physical-activity settings.
6 B	Work cooperatively with others to achieve a common goal in a physical activity.
6 C	Understand and follow the concept of "sportsmanship" and the importance of responsible behavior when participating in physical activities.
Performance Indicators Grade 6	Performance on the preceding benchmarks will be satisfied when the student:
1.	Follows the rules, procedures, and etiquette appropriate for the activity performed.
2.	Sets goals and describes how to meet goals while working cooperatively in an activity.
STANDARD G: Appreciation of Differences	
Benchmarks Grade 6	The student will:
6 A	Demonstrate respect and support for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability.
Performance Indicators Grade 6	Performance on the preceding benchmark will be satisfied when the student:
1.	Shows the ability to respect people of different genders, cultures, ethnicities, and ability levels when participating in physical activity.