

SAU 50
Grades 6 to 8
Physical Education
Motor Skills and Movement Patterns

Motor Skills--skills needed to participate in a variety of physical activities.

Movement Patterns--different ways to move the body in order to participate in a variety of physical activities.

SAU 50 District Competency:

Students will independently use their learning to knowingly move in a controlled and appropriate manner in order to participate safely in physical activities.

Essential Questions

Why is proper movement so crucial?

What different ways can the body move given a specific purpose?

How does effective and appropriate movement affect wellness?

Acquisition

- I can dance using correct rhythm and patterns.
- I can throw for distance and/or power.
- I can catch using proper form.
- I can catch a ball while running and changing direction.
- I can throw a leading pass.
- I can pivot, fake and do a give and go.
- I can dribble with my hand while changing speed and directions.
- I can dribble with my feet while changing speed and directions.
- I can shoot on goal with power.
- I can maintain a proper defensive position with my weight on the balls of my feet, arms extended and my eyes on the midsection of the offensive player.
- I can do an underhand serve.
- I can do both a forehand and a backhand hit in badminton.
- I can do volleyball hits such as bumps and sets.
- I can do badminton hits such as clear and drop.

- I can do an underhand throw like in bowling.
- I can hit a golf ball.
- I can hit a pitched ball.
- I can snowshoe.
- I can move fast and slow in general space.

Standards

Society of Health and Physical Educators Standards

S1.M1.8: S1 (*number of standard*) **M1** (*Middle School and domain*) **8** (*grade level*)

S1.M1.8: Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group.

S1.M2.8: Throws with a mature pattern for distance or power appropriate to the activity during a small-sided game.

S1.M3.8: Catches using an implement in a dynamic environment or modified game play.

S1.M4.8: Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed and/or level with competency in modified invasion games such as lacrosse or hockey (floor, field, ice).

S1.M5.8: Throws a lead pass to a moving partner off a dribble or pass.

S1.M6.8: Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, screens.

S1.M7.8: Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes.

S1.M8.8: Dribbles with dominant and nondominant hands using a change of speed and direction in small-sided game play.

S1.M9.8: Foot-dribbles or dribbles with an implement with control, changing speed and direction during small-sided game play.

S1.M10.8: Shoots on goal with a long-handled implement for power and accuracy in modified invasion games such as hockey (floor, field, ice) or lacrosse.

S1.M11.8: Drop-steps in the direction of the pass during player-to-player defense.

S1.M12.8: Executes consistently (at least 70% of the time) a legal underhand serve for distance and accuracy for net/wall games, such as badminton, volleyball or pickleball.

S1.M13.8: Strikes with a mature overhand pattern in a modified game for net/wall such as volleyball, handball, badminton, or tennis.

S1.M14.8: Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddleball.

S1.M15.8: Transfers weight with correct timing using low-to-high striking pattern with a long-handled implement on the backhand side.

S1.M16.8: Forehand and backhand volleys with a mature form and control using a short-handled implement during modified game play.

S1.M17.8: Two-hand-volleys with control in a small-sided game.

S1.M18.8: Performs consistently (70% of the time) a mature underhand pattern with accuracy and control for 1 target game such as bowling or bocce.

S1.M19.8: Strikes, with an implement, a stationary object for accuracy and power in such activities as croquet, shuffleboard or golf.

S1.M20.8: Strikes a pitched ball with an implement for power to open space in a variety of small-sided games.

S1.M21.8: Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play.

S1.M22.8: Demonstrates correct technique for basic skills in at least 2 self-selected outdoor activities.

S1.M24.8: Demonstrates correct technique for basic skills in at least 2 self-selected individual-performance activities.

[Society of Health and Physical Educators Standards](#)

References:

American Alliance for Health, Physical Education, Recreation, and Dance. (2013). *Grade-level outcomes for K-12 physical education*. Reston, VA: Author.