

**Diocese of Sioux City**  
**Physical Education Standards and Benchmarks**  
**Grade Level 7-8**

**Standard 1:** Uses a variety of basic and advanced movement forms

**A. Grade Level Benchmark:** Uses intermediate sport-specific skills for individual, dual, and team sports

**Vocabulary:**

- sport-specific skill
- individual sport
- dual sport
- team sport

**Objective:**

- Game skills

**B. Grade Level Benchmark:** Uses intermediate sport-specific skills for dance and rhythmical activities

**Vocabulary:**

- sport-specific skill
- dance
- rhythmical activity

**Objective:**

- Game skills
- Dance
- Rhythm

**C. Grade Level Benchmark:** Uses intermediate sport-specific skills for outdoor activities

**Vocabulary:**

- sport-specific skill
- outdoor activity

**Objectives:**

- Game skills

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**Standard 2:** Uses movement concepts and principles in the development of motor skills

**A.** Understands principles of training and conditioning for specific physical activities

**Vocabulary:**

- Training
- Conditioning
- physical activity

**Objective:**

- Training and conditioning
- Warm-ups and stretching

**B.** Understands the critical elements of advanced movement skills

**Vocabulary:**

- advanced movement skill
- racing start
- freestyle swimming

**Objective:**

- Locomotor skills
- Body awareness

**C.** Uses basic offensive and defensive strategies in a modified version of a team and individual sport

**Vocabulary:**

- offensive strategy
- defensive strategy
- team sport
- individual sport

**Objective:**

- Game strategies and Rules
- History of the Game

**D.** Understands movement forms associated with highly skilled physical activities

**Vocabulary:**

- movement form
- physical activity
- serve the ball
- pass the ball
- spike the ball
- volleyball
- game

**Objective:**

- Game skills

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**Standard 3:** Understands the benefits associated with participation in physical activity

**A.** Understands long-term physiological benefits of regular participation in physical activity

**Vocabulary:**

- physiological benefit
- physical activity
- cardiovascular strength
- muscular strength
- flexibility
- body composition

**Objective:**

- Benefits of fitness
- Effects of physical activity

**B.** Understands long-term psychological benefits of regular participation in physical activity

**Vocabulary:**

- psychological benefit
- physical activity
- self-image
- stress reduction
- mental health
- emotional health

**Objective:**

- Benefits of fitness

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**Standard 4:** Understands how to monitor and maintain a health-enhancing level of physical fitness

**A.** Engages in more advanced activities that develop and maintain cardiorespiratory endurance

**Vocabulary:**

- endurance activity
- cardiorespiratory endurance
- time walk/run
- distance walk/run
- heart-rate recovery

**Objective:**

- Cardiorespiratory fitness

**B.** Engages in more advanced activities that develop and maintain muscular strength and endurance

**Vocabulary:**

- activity
- muscular strength
- muscular endurance
- calisthenics
- resistance

**Objective:**

- Muscular strength and endurance

**C.** Engages in more advanced levels of activity that develop and maintain flexibility

**Vocabulary:**

- Activity
- flexibility

**Objective:**

- Flexibility

**D.** Understands the role of exercise and other factors in weight control and body composition

**Vocabulary:**

- Exercise
- weight control
- composition

**Objective:**

- Body composition
- Benefits of fitness

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**E.** Understands basic principles of training that improve physical fitness

**Vocabulary:**

- Training
- physical fitness
- threshold
- overload
- specificity
- frequency
- intensity
- duration
- mode of exercise

**Objective:**

- Training and conditioning

**F.** Meets health-related fitness standards for appropriate level of a standardized physical fitness test

**Vocabulary:**

- aerobic capacity
- body composition
- muscle strength
- endurance
- flexibility
- fitness standards
- physical fitness test

**Objectives:**

- Cardiorespiratory fitness
- Muscular strength and endurance
- Body composition
- Flexibility
- Evaluation of fitness

**G.** Knows how to interpret the results of physical fitness assessments and use the information to develop individual fitness goals

**Vocabulary:**

- physical-fitness assessment
- fitness goal

**Objective:**

- Evaluation of fitness
- Improvement and goal-setting

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**H.** Knows how to differentiate the body's response to physical activities of various exercise intensities

**Vocabulary:**

- physical activity
- intensity
- heart rate
- resting heart rate
- heart-rate reserve
- pulse at rest, exercise

**Objective:**

- Measures of fitness

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**Standard 5:** Understands the social and personal responsibility associated with participation in physical activity

**A.** Understands the importance of rules, procedures, and safe practice in physical activity settings

**Vocabulary:**

- Rule
- Procedure
- Practice
- physical activity

**Objective:**

- Rules for safety

**B.** Understands proper attitudes toward both winning and losing

**Vocabulary:**

- Winning
- losing

**Objective:**

- Behavior and attitude

**C.** Knows the difference between inclusive and exclusionary behaviors in physical activity settings

**Vocabulary:**

- inclusive behavior
- rule
- activity
- player
- exclusionary behavior
- pass
- ball
- physical activity

**Objective:**

- Behavior and attitude
- Cooperation and respect
- Diversity of individuals

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**D.** Understands physical activity as a vehicle for self-expression

**Vocabulary:**

- physical activity
- self-expression
- dance
- gymnastics
- sport

**Objective:**

- Sport
- Society
- culture

**E.** Understands the concept that physical activity is a microcosm of modern culture and society

**Vocabulary:**

- physical activity
- sport
- game
- dance
- microcosm
- culture

**Objective:**

- Sport
- Society
- culture