

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.1.1 Demonstrate correct rhythm and pattern for one of the following dance forms: folk, social, creative, line, or world dance.	7.1.1.1 Demonstrate correct rhythm and pattern for two of the following dance forms: folk, social, creative, line or world dance.	8.1.1.1 Demonstrate a movement sequence using correct rhythm and timing as an individual or in a group.
Demonstrate competency in a variety of motor skills and movement patterns	6.1.2.1 Throw for distance appropriate to the invasion or fielding and striking game practice tasks.	7.1.2.1 Throw for distance and accuracy appropriate to the invasion or fielding and striking game practice tasks.	8.1.2.1 Throw for distance, accuracy and speed appropriate to the activity during invasion or fielding and striking small-sided games.
1 Demonstrate competency in a variety of motor skills and movement patterns.	6.1.2.2 Catch from a variety of trajectories using different objects in varying invasion or fielding and striking game practice tasks.	7.1.2.2 Catch from a variety of trajectories using different objects in invasion or fielding and striking small-sided games.	8.1.2.2 Catch using an implement during invasion or fielding and striking small-sided games.
1 Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.1 Pass and receive with competency, using hands in combination with locomotor patterns of running and change of direction and speed in invasion game practice tasks.	7.1.3.1 Pass and receive with competency using feet in combination with locomotor patterns of running and change of direction and speed in small sided invasion games.	8.1.3.1 Pass and receive with competency using an implement in combination with locomotor patterns of running and change of direction and speed in small-sided invasion games.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.2 Throw, while stationary, a leading pass to a moving receiver in invasion game practice tasks.	7.1.3.2 Throw, while moving, a leading pass to a moving receiver in invasion game practice tasks.	8.1.3.2 Throw a lead pass to a moving partner off a dribble or pass small-sided invasion games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.3 Execute pivots, fakes, jab steps, and give and go designed to create open space during invasion game practice tasks.	7.1.3.3 Execute at least one of the following skills designed to create open space during small sided invasion games, with varying levels of defense.	8.1.3.3 Execute at least two of the following skills to create open space during small-sided invasion games: pivots, fakes, jab step, give and go, and screens.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.4 Dribble with preferred hand using a change of speed and direction in a variety of invasion game practice tasks.	7.1.3.4 Dribble with preferred and non preferred hands using a change of speed and direction in a variety of invasion game practice tasks.	8.1.3.4 Dribble with preferred and non preferred hands using a change of speed and direction in small sided invasion games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.5 Foot-dribble or dribble using an implement with control, changing speed and direction in a variety of invasion game practice tasks.	7.1.3.5 Foot-dribble or dribble using an implement combined with passing in a variety of invasion game practice tasks.	8.1.3.5 Foot-dribble or dribble using an implement with control, changing speed and direction in small-sided invasion games.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.6 Shoot on goal with accuracy in invasion game practice tasks.	7.1.3.6 Shoot on goal with accuracy in small-sided invasion games.	8.1.3.6 Shoot on goal for accuracy, using a long-handled implement, in small-sided invasion games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.3.7 Maintain defensive ready position with weight on balls of feet, arms extended, and eyes on midsection of the body of the offensive player in invasion game practice tasks.	7.1.3.7 Slide in all directions while on defense without crossing feet in invasion game practice tasks.	8.1.3.7 Drop-step in the direction of the pass during player-to-player defense in small-sided invasion games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.4.1 Execute a legal underhand serve with control in net and wall game practice tasks.	7.1.4.1 Execute a legal underhand serve to a predetermined target in net and wall small-sided games.	8.1.4.1 Execute a legal underhand serve for distance and accuracy in net and wall games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.4.2 Strike with an overhand pattern in small sided net and wall game practice tasks.	7.1.4.2 Strike consistently using an overhand pattern in small-sided net and wall games.	8.1.4.2 Strike consistently using an overhand pattern for accuracy in small-sided net and wall games.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.4.3 Demonstrate the forehand and backhand strokes using a short handled implement in small sided net and wall practice tasks.	7.1.4.3 Demonstrate forehand and backhand strokes using a long handled implement in small sided net and wall games.	8.1.4.3 Demonstrate forehand and backhand strokes using a short or long-handled implement for accuracy in small-sided net and wall games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.4.4 Forehand volley, with control, using a short-handled implement in small-sided net and wall game practice tasks.	7.1.4.4 Forehand and backhand volley, with control, using a short handled implement in small sided net and wall game practice tasks.	8.1.4.4 Forehand and backhand volley, with control, using a short handled implement during small-sided net and wall games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.4.5 Two-hand volley (underhand and overhand) with control in a variety of small-sided net and wall practice tasks.	7.1.4.5 Two-hand volley (underhand and overhand) with control in a small-sided net and wall game.	8.1.4.5 Two-hand-volley (underhand and overhand) with control in a variety of small-sided net and wall games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.5.1 Execute an underhand roll or toss for a target game practice task.	7.1.5.1 Execute an underhand roll or toss in a target game.	8.1.5.1 Execute consistently an underhand roll or toss with control in a target game.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.5.2 Strike, using an implement and a stationary object for accuracy in target game practice tasks.	7.1.5.2 Strike, using an implement and a stationary object for accuracy and distance in a target game.	8.1.5.2 Strike, using an implement and a stationary object for accuracy and distance in a variety of target games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.6.1 Strike a pitched ball, using an implement, in a variety of fielding and striking game practice tasks.	7.1.6.1 Strike a pitched ball, using an implement, to open space in a variety of fielding and striking game practice tasks.	8.1.6.1 Strike a pitched ball, using an implement, to open space in a variety of small sided fielding and striking games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.6.2 Catch from different trajectories, using a variety of objects, in varying fielding and striking game practice tasks.	7.1.6.2 Catch from different trajectories, using a variety of objects, in small-sided fielding and striking games.	8.1.6.2 Catch from different trajectories maintaining balance while transitioning to the next skill in small-sided fielding and striking games.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.7.1 Demonstrate correct technique for basic skills in an outdoor activity.	7.1.7.1 Demonstrate correct technique for a variety of skills in an outdoor activity.	8.1.7.1 Demonstrate correct technique for basic skills in at least two outdoor activities.
Demonstrate competency in a variety of motor skills and movement patterns.	6.1.8.1 Demonstrate correct technique for basic skills in one individual performance activity.	7.1.8.1 Demonstrate correct technique for a variety of skills in one individual-performance activity.	8.1.8.1 Demonstrate correct technique for basic skills in at least two individual performance activities.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.1.1 Execute at least one of the following offensive tactics in invasion game practice tasks to create open space: move to open space without the ball; use a variety of passes, pivots, and fakes; and give and go.	7.2.1.1 Execute at least two of the following offensive tactics in invasion game practice tasks to create open space: use a variety of passes, pivots and fakes; and give and go.	8.2.1.1 Execute at least three of the following offensive tactics in invasion game practice tasks to create open space: move to create open space on and off the ball; use a variety of passes, fakes, and pathways; and give and go.
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.1.2 Reduce open space on defense, in an invasion game practice task, by making the body larger and reducing passing angles.	7.2.1.2 Reduce open space on defense, in an invasion game practice task, by staying close to the opponent as he or she nears the goal.	8.2.1.2 Reduce open space on defense, in an invasion game practice task, by staying on the goal side of the offensive player and reducing the distance to him/her (third-party perspective).
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.1.3 Reduce open space, in an invasion game practice task, by not allowing the catch (denial) or by allowing the catch but not the return pass.	7.2.1.3 Reduces open space, in an invasion game practice task, by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection.	8.2.1.3 Reduces open space, in an invasion game practice task, by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.1.4 Transition from offense to defense, or defense to offense, in an invasion game practice task, by recovering quickly.	7.2.1.4 Transition from offense to defense, or defense to offense, in an invasion game practice task, by recovering quickly and communicating with teammates.	8.2.1.4 Transition from offense to defense, or defense to offense, in an invasion game practice task, by recovering quickly, communicating with teammates and capitalizing on the advantage.
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.2.1 Create open space in net and wall game practice tasks, with a short-handled implement, by varying force and direction.	7.2.2.1 Create open space in net and wall game practice tasks, with a long-handled implement, by varying force and direction, and moving an opponent from side to side.	8.2.2.1 Create open space in net and wall game practice tasks, with implement, by varying force and direction, and moving an opponent forward and back and from side to side.
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.2.2 Reduce offensive options for opponents, in net and wall game practice tasks, by returning to base or home position.	7.2.2.2 Select an offensive shot based on an opponent's location in net and wall game practice tasks.	8.2.2.2 Vary placement, force and timing of a return, in net and wall game practice tasks to prevent anticipation by opponent.



**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.3.1 Select an appropriate shot and implement based on the location of the object in relation to the target in target game practice tasks.	7.2.3.1 Vary the speed and trajectory of a shot based on the location of the object in relation to the target in small-sided target games.	8.2.3.1 Vary the speed, force and trajectory of the shot based on the location of the object in relation to the target in small sided target games.
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.4.1 Identify open space, and attempt to strike an object into that space in fielding and striking game practice tasks.	7.2.4.1 Use a variety of shots to hit into open space in fielding and striking game practice tasks.	8.2.4.1 Identify sacrifice situations and attempts to advance a teammate in small-sided fielding and striking games.
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.4.2 Identify the correct defensive play based on the situation in fielding and striking practice tasks.	7.2.4.2 Analyze the correct defensive play based on the situation in fielding and striking practice tasks.	8.2.4.2 Reduce open spaces in the field by working with teammates to maximize coverage in small sided fielding and striking games.
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.5.1 Vary the application of force during an individual performance activity.	7.2.5.1 Identify and apply Newton's laws of motion to various individual-performance activities.	8.2.5.1 Describe and apply mechanical advantage(s) for a variety of individual performance activities.



**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.	6.2.6.1 Describe the basic skills and tactics needed for participation in an outdoor activity.	7.2.6.1 Describe advanced skills and tactics needed for participation in an outdoor activity.	8.2.6.1 Describe basic and advanced skills and tactics needed for participation in two outdoor activities.
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.1.1 Identify barriers related to maintaining a physically active lifestyle.	7.3.1.1 Describe solutions for reducing barriers related to maintaining a physically active lifestyle.	8.3.1.1 Analyze the impact a physically active lifestyle has on physical and mental health.
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.2.1 Participate in a variety of aerobic-fitness activities using technology or media.	7.3.2.1 Participate in a variety of strength- and endurance-fitness activities using technology or media.	8.3.2.1 Participate in a variety of self selected aerobic fitness activities using technology.
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.2.2 Participate in moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity for at least sixty minutes per day.	7.3.2.2 Participate in moderate to vigorous muscle- and bone strengthening physical activity at least three times a week.	8.3.2.2 Participate in moderate to vigorous aerobic and/or muscle and bone strengthening physical activity for at least sixty minutes per day at least five days a week.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
<p>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>6.3.3.1 Identify the components of skill related fitness.</p>	<p>7.3.3.1 Define the components of skill related fitness.</p>	<p>8.3.3.1 Analyze a physical activity by identifying its skill-related components.</p>
<p>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>6.3.3.2 Identify correct techniques and methods of stretching.</p>	<p>7.3.3.2 Differentiate between dynamic and static stretches.</p>	<p>8.3.3.2 Apply appropriate stretching techniques for all major muscle groups.</p>
<p>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>6.3.3.3 Describe the overload training principle and how it affects fitness.</p>	<p>7.3.3.3 Describe the specificity principle and how it affects fitness.</p>	<p>8.3.3.3 Apply the overload and specificity principles in preparing a personal workout.</p>

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.3.4 Describe the role of warm-ups and cool-downs before and after physical activity.	7.3.3.4 Design a warm-up and cool down regimen for a self selected physical activity.	8.3.3.4 Design and implement a warm up and cool down regimen for a self-selected physical activity.
3 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.3.5 Identify and explain heart rate zones.	7.3.3.5 Monitor physical activity intensity by comparing and contrasting heart rate responses through a variety of physical activities.	8.3.3.5 Predict and modify activities which influence the target heart rate to meet desired goal and outcomes.
3 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.3.6 Identify major muscles and bones used in selected physical activities.	7.3.3.6 Describe how muscles (muscular system) pull on bones (skeletal system) to create movement in pairs by relaxing and contracting.	8.3.3.6 Explain how body systems interact with one another during physical activity.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
<p>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>6.3.4.1 Use SMART goals, based on the results of a health-related fitness assessment, to design, implement, and modify a maintenance or remediation program for one health-related fitness area.</p>	<p>7.3.4.1 Use SMART goals, based on the results of a health-related fitness assessment, to design, implement, and modify a maintenance or remediation program for two health-related fitness areas.</p>	<p>8.3.4.1 Use SMART goals, based on the results of a health-related fitness assessment, to design, implement, and modify a maintenance or remediation program for three health related fitness areas.</p>
<p>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>6.3.4.2 Maintain a physical activity log for at least two weeks and reflect on activity levels as documented in the log.</p>	<p>7.3.4.2 Maintain a physical activity and nutrition log for at least two weeks and reflect on activity levels and nutrition as documented in the log.</p>	<p>8.3.4.2 Design and implement a program to improve one's physical activity levels and nutrition.</p>
<p>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p>	<p>6.3.5.1 Identify foods within each of the basic food groups and select appropriate servings and portions for one's age and physical activity levels.</p>	<p>7.3.5.1 Develop strategies for balancing healthy food, snacks and water intake, along with daily physical activity.</p>	<p>8.3.5.1 Describe the relationship between poor nutrition and health risk factors.</p>

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	6.3.6.1 Identify possible causes of stress and the negative effects of stress on health.	7.3.6.1 Identify several strategies for dealing with stress.	8.3.6.1 Demonstrate several strategies for dealing with stress.
Exhibit responsible personal and social behavior that respects self and others.	6.4.1.1 Accept differences among classmates in physical development, maturation, and varying skill levels by avoiding insulting or boastful speech during physical activity.	7.4.1.1 Accept differences among classmates in physical development, maturation, and varying skill levels by providing encouragement.	8.4.1.1 Establish guidelines for resolving conflict and apply them to respond appropriately to classmates' ethical and unethical behavior during physical activity.
Exhibit responsible personal and social behavior that respects self and others.	6.4.1.2 Identify appropriate strategies to self-reinforce positive fitness behaviors, such as positive self talk.	7.4.1.2 Demonstrate both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class.	8.4.1.2 Use effective self-monitoring skills to incorporate opportunities for physical activity in and outside of class.
Exhibit responsible personal and social behavior that respects self and others.	6.4.2.1 Implement specific corrective feedback to improve performance.	7.4.2.1 Provide corrective feedback to a peer using teacher generated guidelines and incorporating appropriate tone and communication skills.	8.4.2.1 Provide encouragement and constructive feedback to peers without prompting from the teacher.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

<b>Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>
Exhibit responsible personal and social behavior that respects self and others.	6.4.3.1 Cooperate with a small group of classmates during game play, or team-building activities.	7.4.3.1 Problem-solve with a small group of classmates during small group initiatives or game play.	8.4.3.1 Cooperate and problem-solve with classmates in large-group initiatives or game play.
Exhibit responsible personal and social behavior that respects self and others.	6.4.4.1 Follow the rules and etiquette for physical activities.	7.4.4.1 Apply rules and etiquette while self-monitoring personal behavior during physical activities.	8.4.4.1 Monitor behaviors of self and others aligned to the rules and etiquette of physical activities.
Exhibit responsible personal and social behavior that respects self and others.	6.4.5.1 Use equipment and facilities appropriately and safely, with the teacher's guidance, in a physical activity setting.	7.4.5.1 Independently use physical activity and fitness equipment appropriately and safely.	8.4.5.1 Independently use physical activity and fitness equipment appropriately, and identify specific safety concerns associated with the activity.
Exhibit responsible personal and social behavior that respects self and others.	6.4.5.2 Make appropriate decisions regarding physical activity based on the weather, level of difficulty due to the conditions, or ability to ensure the safety of self and others.	7.4.5.2 Analyze a physical activity situation and make adjustments to ensure the safety of self and others.	8.4.5.2 Develop safety protocols for two or more outdoor activities.

**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	6.5.1.1 Describe the impact of screen time on levels of health.	7.5.1.1 Chart and analyze personal screen time behaviors.	8.5.1.1 Explain how the overuse of technology impacts health.
Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	6.5.1.2 Identify the relationship between participation in physical activity and stress reduction.	7.5.1.2 Explain the positive impact participation in physical activity has on one's physical, emotional, social and mental health.	8.5.1.2 Analyze participation in physical activity and determine the personal impact it has on one's physical, emotional, social and mental health.
Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	6.5.2.1 Recognize individual challenges in physical activity and implement methods of coping with them in a positive way. For example: extending effort, asking for help or feedback, or modifying the tasks.	7.5.2.1 Generate positive statements such as offering suggestions or assistance, leading or following others, and providing possible solutions when faced with a group challenge.	8.5.2.1 Develop a plan of action and make appropriate decisions based on that plan when faced with an individual or group challenge.



**Minnesota 2018 Academic Standards in Physical Education  
Grades 6-8 Standards Progressions**

Standard	Grade 6	Grade 7	Grade 8
Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	6.5.3.1 Describe how moving competently in a physical activity setting creates enjoyment.	7.5.3.1 Describe how self-selected physical activities create enjoyment.	8.5.3.1 Analyze how enjoyment could be increased in self-selected physical activities.
Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	6.5.3.2 Describe how physical activity provides opportunities for self expression.	7.5.3.2 Explain how the relationship between physical activity and self-expression can lead to lifelong enjoyment of physical activity.	8.5.3.2 Identify and participate in a physical activity that provides opportunities for enjoyment and explain how it could lead to lifelong enjoyment.