* *Indiana Standards for Physical Education*
* Brownsburg Middle School PE Objectives
* *Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.*
* Practice several skills for sport, game, and movement so you can be active into adulthood.
* *Demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.*
* Participate in defense and offense situations.
* Work together with a group or team to overcome a challenge.
* Correct movements to be more successful at different skills.
* *Participate regularly in physical activity.*
* Sweat, breathe hard, and raise heart rate.
* Learn activities and exercises you can do outside of class time.
* *Achieve and maintain a health-enhancing level of physical fitness.*
* Assess fitness with PACER data and other indicators.
* Set goals and work hard for maintaining or improving fitness.
* *Exhibit responsible personal and social behavior that respects self and others in physical activity settings.*
* Follow rules of fair play and be a good sport.
* Work with and include all teammates.
* *Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.*
* Give best effort without giving up, through the whole activity time.
* Choose activities for personal enjoyment.
* Participate in less-favorite activities for socialization and learning new skills.