

Middle School Power Standards

Alignment to State Standards (identify power standards with the GLE/CLE or Common Core Code and list other standards taught):

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
GLE 1E – Movement Concepts
State Standard – HPE 4
NASPE Standard – 1
2. Demonstrates an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
GLE 3A – Prevention
GLE 2A – Skill Techniques
GLE 2B – Individual and Dual Team Sports
State Standard – HPE 4
NASPE Standard – 2
3. Participates regularly in physical activity and maintains a health-enhancing level of physical fitness.
GLE 1B – Wellness
GLE 1A – Health related and skill related fitness
GLE 1C – Fitness principles
State Standard – HPE 2, HPE 4
NASPE Standard – 3, 4
4. Exhibits personal responsibility, social behavior such as sportsmanship in physical activity settings.
GLE 2A – Personal and social responsibilities
GLE 2B – Individual and team sports
GLE 2C – Outdoor pursuits and recreational activities
State Standard – HPE 2, HPE 4
NASPE Standard – 1, 2,
5. Develop an understanding of individual and team concepts and activities.
GLE 2B – Individual, Dual and Team Sports
GLE 2C – Outdoor pursuits and recreational activities
State Standard – HPE 4
NASPE Standard – 1, 2, 5
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
GLE 2E – Careers/Sports skills and lifetime fitness
NASPE Standard – 6