



Standard 6: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

General Information

Number: PE.8.R.6

Title: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Type: Standard

Subject: Physical Education

Grade: 8

Strand: Responsible Behaviors and Values

This cluster includes the following benchmarks

Code	Description
PE.8.R.6.1:	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.8.R.6.2:	Describe the potential benefits of participation in a variety of physical activities. <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Clarifications: Some examples of potential benefits are physical, mental, emotional and social.</p> </div>
PE.8.R.6.3:	Compare and contrast games, sports and/or physical activities from other cultures.

Independent

Access Point Number	Access Point Title
PE.8.R.6.In.a:	Describe opportunities for participation in physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.8.R.6.In.b:	Identify potential benefits of participation in a variety of physical activities, such as physical, mental, emotional and social benefits.
PE.8.R.6.In.c:	Identify similarities in games, sports or physical activities according to cultures.

Supported

Access Point Number	Access Point Title
PE.8.R.6.Su.a:	Identify opportunities for participation in physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.8.R.6.Su.b:	Recognize selected potential benefits of participation in a variety of physical activities, such as physical, mental, emotional and social benefits.
PE.8.R.6.Su.c:	Recognize similarities in games, sports or physical activities from other cultures.

Participatory

Access Point Number	Access Point Title
PE.8.R.6.Pa.a:	Recognize opportunities for participation in physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.8.R.6.Pa.b:	Associate selected benefits with participation in a variety of physical activities, such as physical, mental, emotional and social benefits.
PE.8.R.6.Pa.c:	Recognize a game, sport or physical activity that is the same in another other culture.