



Online Physical Education Network

## MIDDLE SCHOOL PECAT SCORE CARDS

### Physical Education Curriculum Analysis Tool

A self-analysis tool from CDC Healthy Schools to assess physical education curricula.

*With OPEN's Development Timeline as of May 28, 2024*

(Grade 6-8) SHAPE AMERICA <b>Standard</b>		<b>1</b>		Demonstrates competency in a variety of motor skills and movement patterns.					
<b>PART 1</b>		Grade 6			Grade 7			Grade 8	
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S1.M1</b> Dance & Rhythms	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M2</b> Sport Throwing	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M3</b> Sport Catching	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M4</b> Sport Pass & Receive	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M5</b> Sport Pass & Receive	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M6</b> Sport Offense Skills	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M7</b> Sport Offense Skills	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M8</b> Sport Hand Dribble	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M9</b> Sport Foot Dribble	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M10</b> Sport Shoot on Goal	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M11</b> Sport Defense Skills	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M12</b> Sport Net Serving	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M13</b> Sport Net Striking	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M14</b> Sport Net Fore- / Backhand	YES	YES	YES	YES	YES	YES	YES	YES	YES

(Grade 6-8) SHAPE AMERICA <b>Standard</b>	<b>1</b>	Demonstrates competency in a variety of motor skills and movement patterns.							
<b>PART 2</b>	Grade 6			Grade 7			Grade 8		
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S1.M15</b> Sport Net Weight Transfer	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M16</b> Sport Net Volley	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M17</b> Sport Net 2-Hand Volley	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M18</b> Target Underhand Toss	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M19</b> Target Striking	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M20</b> Fielding Striking	INC	INC	INC	INC	INC	INC	INC	INC	INC
<b>S1.M21</b> Fielding Catching	INC	INC	INC	INC	INC	INC	INC	INC	INC
<b>S1.M22</b> Outdoor Pursuits	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M23</b> Aquatics	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>S1.M24</b> Individual Performance	YES	YES	YES	YES	YES	YES	YES	YES	YES
Total Boxes Checked	21/23	21/23	21/23	21/23	21/23	21/23	21/23	21/23	21/23
% by grade level	91%	91%	91%	91%	91%	91%	91%	91%	91%
<b>Overall &amp; Development Need</b>	91% of Standard 1 Outcomes Included			Required: Stickball Status: Stickball in Development					

(Grade 6-8) SHAPE AMERICA <b>Standard</b>	<b>2</b>			Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.					
	Grade 6			Grade 7			Grade 8		
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S2.M1</b> Space	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M2</b> Offense	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M3</b> Space	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M4</b> Defense	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M5</b> Space	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M6</b> Transitions	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M7</b> Net/Wall	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M8</b> Net/Wall	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M9</b> Target	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M10</b> Fielding	INC	INC	INC	INC	INC	INC	INC	INC	INC
<b>S2.M11</b> Fielding	INC	INC	INC	INC	INC	INC	INC	INC	INC
<b>S2.M12</b> Dance	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S2.M13</b> Outdoor	YES	YES	YES	YES	YES	YES	YES	YES	YES
Total Boxes Checked	11/13	11/13	11/13	11/13	11/13	11/13	11/13	11/13	11/13
% by grade level	85%	85%	85%	85%	85%	85%	85%	85%	85%
<b>Overall &amp; Development Need</b>	85% of Standard 2 Outcomes Included			Required: Stickball Status: Stickball in Development					

(Grade 6-8) SHAPE AMERICA <b>Standard</b>	<b>3</b>	Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.							
<b>PART 1</b>	Grade 6			Grade 7			Grade 8		
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S3.M1</b> PA Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M2</b> Engages in PA	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M3</b> Engages in PA	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M4</b> Engages in PA	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M5</b> Engages in PA	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M6</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M7</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M8</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M9</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M10</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES

(Grade 6-8) SHAPE AMERICA <b>Standard</b>	<b>3</b>			Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.					
<b>PART 2</b>	Grade 6			Grade 7			Grade 8		
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S3.M11</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M12</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M13</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M14</b> Fitness Knowledge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M15</b> Assessment / Planning	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M16</b> Assessment / Planning	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M17</b> Nutrition	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S3.M18</b> Stress Management	YES	YES	YES	YES	YES	YES	YES	YES	YES
Total Boxes Checked	18/18	18/18	18/18	18/18	18/18	18/18	18/18	18/18	18/18
% by grade level	100%	100%	100%	100%	100%	100%	100%	100%	100%
<b>Overall &amp; Development Need</b>	100% of Standard 3 Outcomes Included			Required: None					

(Grade 6-8) SHAPE AMERICA <b>Standard</b>	<b>4</b>	Exhibits responsible personal and social behavior that respects self and others.							
	Grade 6			Grade 7			Grade 8		
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S4.M1</b> Personal Responsibility	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S4.M2</b> Personal Responsibility	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S4.M3</b> Accepting Feedback	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S4.M4</b> Working w/Others	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S4.M5</b> Working w/Others	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S4.M6</b> Etiquette	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S4.M7</b> Safety	YES	YES	YES	YES	YES	YES	YES	YES	YES
Total Boxes Checked	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7
% by grade level	100%	100%	100%	100%	100%	100%	100%	100%	100%
<b>Overall &amp; Development Need</b>	100% of Standard 4 Outcomes Included			Required: None					

(Grade 6-8) SHAPE AMERICA <b>Standard</b>	<b>5</b>			Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					
	Grade 6			Grade 7			Grade 8		
<b>GLO CODE</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>	<b>Outcomes</b>	<b>Content</b>	<b>Assessment</b>
<b>S5.M1</b> Values PA for Health & Fitness	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S5.M2</b> Values PA for Mental Health	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S5.M3</b> Values PA for Challenge	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S5.M4</b> Self Expression & Enjoyment	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S5.M5</b> Self Expression & Enjoyment	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S5.M6</b> Values PA for Social Interaction	YES	YES	YES	YES	YES	YES	YES	YES	YES
Total Boxes Checked	6/6	6/6	6/6	6/6	6/6	6/6	6/6	6/6	6/6
% by grade level	100%	100%	100%	100%	100%	100%	100%	100%	100%
<b>Overall &amp; Development Need</b>	100% of Standard 5 Outcomes Included			Required: None					



PECAT STANDARDS SCORECARD: OPEN MIDDLE SCHOOL CURRICULUM RESOURCES											
(Grade 6-8) SHAPE AMERICA Standard	Grade 6			Grade 7			Grade 8			TOTAL	%
	Outcome	Content	Assess	Outcome	Content	Assess	Outcome	Content	Assess		
1	21/23	21/23	21/23	21/23	21/23	21/23	21/23	21/23	21/23	189/207	91%
2	11/13	11/13	11/13	11/13	11/13	11/13	11/13	11/13	11/13	99/117	85%
3	18/18	18/18	18/18	18/18	18/18	18/18	18/18	18/18	18/18	162/162	100%
4	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	7/7	63/63	100%
5	6/6	6/6	6/6	6/6	6/6	6/6	6/6	6/6	6/6	54/54	100%
TOTAL	63/67	63/67	63/67	63/67	63/67	63/67	63/67	63/67	63/67	567/603	94%
%	94%	94%	94%	94%	94%	94%	94%	94%	94%	94%	

OPEN's Middle School Curriculum **PECAT SCORE is 94%** (as of May 2024).

*There are a total of 4 SHAPE America GLOs that are not fully met for Grades 6-8. See the following page for an index of these incomplete outcomes.*

*Estimated date for full completion of the Middle School resources and PECAT score of 100%: Fall of 2024.*

## INDEX OF INCOMPLETE OUTCOMES

## STANDARD 1

- **S1.M20 [6-8]** Strikes a pitched ball with an implement with force in a variety of practice tasks (6); Strikes a pitched ball with an implement to open space in a variety of practice tasks (7); Strikes a pitched ball with an implement for power to open space in a variety of small-sided games (8).
- **S1.M21 [6-8]** Catches, with a mature pattern, from different trajectories using a variety of objects in a varying practice tasks (6); Catches, with a mature pattern, from different trajectories using a variety of objects in small-sided game play (7); Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play (8).

## STANDARD 2

- **S2.M10 [6-8]** Identifies open spaces and attempts to strike object into that space (6); Uses a variety of shots (e.g., slap & run, bunt, line drive, high arc) to hit to open space (7); Identifies sacrifice situations and attempt to advance a teammate (8).
- **S2.M11 [6-8]** Identifies the correct defensive play based on the situation (e.g., number of outs) (6); Selects the correct defensive play based on the situation (e.g., number of outs) (7); Reduces open spaces in the field by working with teammates to maximize coverage (8).

## Development Timeline for a PECAT Score of 100%

Fall 2024

Middle School Stickball