



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 October 17, 2022*

(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	INC	INC	INC	INC	INC	INC	INC	INC	INC
<b>S1.M18</b> Target Underhand Toss	YES	YES	YES	YES	YES	YES	YES	YES	YES
<b>S1.M19</b> Target Striking	INC	INC	INC	INC	INC	INC	INC	INC	INC
<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	INC	INC	INC	INC	INC	INC	INC	INC	INC
<b>S1.M24</b> Individual Performance	YES	YES	YES	YES	YES	YES	YES	YES	YES
Total Boxes Checked	19/24	19/24	19/24	19/24	19/24	19/24	19/24	19/24	19/24
% by grade level	79%	79%	79%	79%	79%	79%	79%	79%	79%
<b>Overall &amp; Development Need</b>	75% of Standard 1 Outcomes Included			Required: Golf, Stickball, Volleyball Status: Stickball in Development Golf and Volleyball in Cue					

(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>
S2.M1 Space	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M2 Offense	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M3 Space	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M4 Defense	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M5 Space	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M6 Transitions	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M7 Net/Wall	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M8 Net/Wall	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M9 Target	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M10 Fielding	INC	INC	INC	INC	INC	INC	INC	INC	INC
S2.M11 Fielding	INC	INC	INC	INC	INC	INC	INC	INC	INC
S2.M12 Dance	YES	YES	YES	YES	YES	YES	YES	YES	YES
S2.M13 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>	77% of Standard 2 Outcomes Included			Required: Fitness Running, Stickball Status: Fitness Running & 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	INC	INC	INC	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	17/18	17/18	17/18	18/18	18/18	18/18	18/18	18/18	18/18
% by grade level	94%	94%	94%	100%	100%	100%	100%	100%	100%
<b>Overall &amp; Development Need</b>	98% of Standard 3 Outcomes Included			Required: Technology-based Movement Status: In Cue					

(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	19/24	19/24	19/24	19/24	19/24	19/24	19/24	19/24	19/24	171/216	79%
2	11/13	11/13	11/13	11/13	11/13	11/13	11/13	11/13	11/13	99/117	85%
3	17/18	17/18	17/18	18/18	18/18	18/18	18/18	18/18	18/18	159/162	98%
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%
<b>TOTAL</b>	60/68	60/68	60/68	61/68	61/68	61/68	61/68	61/68	61/68	546/612	89%
<b>%</b>	88%	88%	88%	90%	90%	90%	90%	90%	90%	89%	

**OPEN’s Middle School Curriculum PECAT SCORE is 89% (as of October 2022).**

*There are a total of 10 SHAPE America GLOs that are not fully met for Grade 6 and a total of 9 GLOs that are not fully addressed for Grades 7-8. 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%: Spring of 2023.*

## INDEX OF INCOMPLETE OUTCOMES

### STANDARD 1

- **S1.M17 [6-8]** Two-hand-volleys with control in a variety of practice tasks (6); Two-hand-volleys with control in a dynamic environment (7); Two-hand-volleys with control in a small-sided game (8).
- **S1.M19 [6-8]** Strikes, with an implement, a stationary object for accuracy in activities such as croquet, shuffleboard, or golf (6); Strikes, with an implement, a stationary object for accuracy and distance in activities such as croquet, shuffleboard, or golf (7); Strikes, with an implement, a stationary object for accuracy and power in such activities as croquet, shuffleboard, or golf (8).
- **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).
- **S1.M22 [6-8]** Demonstrates correct technique for basic skills in one self-selected outdoor activity (6); Demonstrates correct technique for a variety of skills in one self-selected outdoor activity (7); Demonstrates correct technique for basic skills in at least two self-selected outdoor activities (8).
- *S1.M23 [6-8] Aquatics (Preferably taught at elementary or secondary levels. However, availability of facilities might dictate when swimming and water safety are offered in the curriculum.)*

### 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).
- **S2.M13 [6-8]** Makes appropriate decisions based on the weather, level of difficulty due to conditions, or ability to ensure safety of self and others (6); Analyzes the situation and makes adjustments to ensure the safety of self and others (7); Implements safe protocols in self-selected outdoor activities (8).

### STANDARD 3

- **S3.M4 [6]** Participates in a variety of aerobic fitness activities using technology such as Dance, Dance Revolution® or Wii Fit® (6).

Development Timeline for a PECAT Score of 100%	
November 2022	Middle School Health & Wellness Modules
May 2023	Middle School Stickball
November 2022	Middle School Volleyball
May 2023	Middle School Golf