

Grade 8

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Demonstrate increased proficiency in movement skills while participating in team and individual sports.

Perform continuous and discrete skills (i.e., discrete skills have a defined beginning and end and continuous skills are ongoing).

Execute offensive and defensive strategies in individual and team sports.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Create offensive and defensive strategies in physical activities.

Apply appropriate warm-up and cool down techniques while participating in a variety of physical activities.

Utilize principles of training and conditioning (FITT, Warm-up/Work-Out/Cool Down, specificity, intensity, overload) to improve physical fitness.

Understand how biomechanics (i.e., human movement from a variety of perspectives) affects performance.

Participates regularly in physical activity.

Participate in games, sports, dance, and/or other activities in a variety of settings that are based on personal interests.

Set personal physical fitness goals based upon the results of fitness assessments.

Participate and apply basic muscular strength and endurance principles and safety practices both inside and outside of school.

Achieve and maintain a health-enhancing level of physical fitness.

Apply each health-related fitness component (i.e., muscular strength, endurance, flexibility, body composition, aerobic fitness) and explain how participation in physical activity impacts personal fitness.

Examine and discuss pre-and post-fitness test scores after participation in fitness-enhancing activities.

Implement a personal fitness plan to accomplish a physical fitness goal.

Exhibit responsible personal and social behavior that respects

Exhibit characteristics of a positive role model.

self and others in physical activity settings.

Solve conflicts in physical activity by determining potential solutions.

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

Engage in physical activities that provide challenge, problem solving, decision-making and risk taking.