

Grade 8

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 Demonstrates mature forms of specialized skills in a variety of games and sports. 1.1.8

Dance, Movement, and Rhythmic Activities

- 2 Demonstrates mature forms of specialized skills in dance, movement, and rhythmic activities. 1.2.8

Fitness Activities

- 3 Demonstrates mature forms of specialized skills in a variety of fitness activities. 1.3.8

Lifetime Activities

- 4 Demonstrates mature forms of specialized skills in lifetime activities. 1.4.8

Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Applies movement concepts, locomotor, and/or manipulative skills in a variety of physical activities. 2.1.8

Strategies and Tactics

- 2 Applies maturing forms of strategies, tactics, and communication independently in small-sided game play and other physical activities. 2.2.8

Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Applies the FITT principle to more than one health-related component of fitness. 3.1.8

Additional Health-Enhancing Behaviors

- 2 Evaluates the application of personal habits and strategies related to healthenhancing behaviors. 3.2.8

Exhibits responsible personal and social behavior that respects self and others. 4

Self-awareness and management

- 1 Applies rules and etiquette while accepting responsibility for individual improvement in physical activity settings. 4.1.8

Social awareness and relationship skills

- 2 Demonstrates citizenship by respecting for diversity and including others in physical activity settings. 4.2.8
-

Responsible decision making

- 3 Evaluates problem-solving skills and conflict resolution tactics in physical activity settings. 4.3.8
-

Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

Overall Wellness

- 1 Explains the connections between fitness and overall wellness. 5.1.8
-

Challenge

- 2 Evaluates strategies and solutions to a group physical activity challenge. 5.2.8
-

Self-Expression/Enjoyment

- 3 Describes how enjoyment could be increased in self-selected physical activities. 5.3.8
-

Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

Personal and Community Resources

- 1 Designs a physical activity outing that includes personal and community resources, supports, and overcomes barriers. 6.1.8
-

Careers

- 2 Evaluates personal attributes as they relate to career options, physical activity, and fitness. 6.2.8