

# Grade 8

Adopted 2009

## Skill Development

1. Demonstrate skills utilized in lifetime health-enhancing activities.

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2. Demonstrate aerobic movement skills and the performance of original dance routines.
  - Choreographing routines
  - Teaching student-created routines

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3. Demonstrate combinations of balancing and supporting skills.

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4. Demonstrate skills used in individual, dual, and team sports.

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5. Demonstrate skills associated with adventure, outdoor, and recreational activities.

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6. Demonstrate player-to-player defensive strategy skills.

## Cognitive Development

7. Identify rules, regulations, tactics, strategies, and rituals utilized in individual, dual, and team sports.

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8. Apply movement concepts to sport, dance, gymnastics, recreational skill performances, and other physical activities.

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9. Summarize research findings of at least one local, national, or international game for its history, terminology, rules, and basic skills.

## Social Development

10. Solve problems in physical activity settings by identifying cause and potential solutions.

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11. Describe how recognizing opposing opinions and priorities, including displaying willingness to compromise, apply to teamwork and goal achievement.

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12. Apply positive reinforcement to enhance peer physical performance during physical activity.

## Physical Activity and Health

13. Explain long-term physiological and psychological benefits resulting from regular participation in physical activity.

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14. Identify the role of exercise in stress reduction.

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**15. Apply the F.I.T.T. principle to an individualized fitness plan.**

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**16. Design a personalized fitness plan.**