

# Grade 8

**Anchor Standard 1:  
Motor Skills and  
Movement Patterns:  
\_The physically literate  
individual demonstrates  
competency in a variety  
of motor skills and  
movement  
patterns.\_** PE19.8.1

**A 1.1 Locomotor: \_Dance and rhythms\_** PE19.8.1.A

- 1 Create a movement sequence to music as an individual or in a group to display command of rhythm and timing. PE19.8.1.1

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Slower music, poly spots and/or arrows on floor for direction, break the dance steps/ movements down into small parts, review/practice, peer assistance and modeling PE19.8.1.1.APE

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**B 1.2 Manipulative: \_Throwing\_** PE19.8.1.B

- 2 Throw using the proper form for distance or power appropriate to the activity during small-sided game play. PE19.8.1.2

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers. PE19.8.1.2.APE

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**C 1.3 Manipulative: \_Catching\_** PE19.8.1.C

- 3 Catch using an implement in a dynamic environment or modified game play. PE19.8.1.3

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Decrease distance ball is tossed, rolled or bounced; provide students the opportunity to catch an object using a bucket or a basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies). PE19.8.1.3.APE

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**D 1.4 Manipulative: \_Passing and receiving\_** PE19.8.1.D

- 4 Pass and receive using an implement in combination with locomotor patterns, change of direction, speed and/or level, with proficiency. PE19.8.1.4

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Use a larger ball or slightly deflated ball. PE19.8.1.4.APE

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**E 1.5 Manipulative: \_Offensive skills\_** PE19.8.1.E

- 5 Execute a variety of offensive skills during modified game play. PE19.8.1.5

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance; verbal cues; modeling PE19.8.1.5.APE

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**F 1.6 Manipulative: \_Dribbling and ball control\_** PE19.8.1.F

- 6 Dribble with dominant and non-dominant hand, foot, or implement while changing speed and/or direction in modified game play. PE19.8.1.6

APE \_\_\_APE accommodation suggestions:\_\_\_ Use a larger ball or slightly deflated ball. PE19.8.1.6.APE

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**G 1.7 Manipulative: \_Shooting on goal\_** PE19.8.1.G

- 7 Shoot on a goal with accuracy and power in modified game play. PE19.8.1.7

APE \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance; verbal cues; modeling PE19.8.1.7.APE

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**H 1.8 Manipulative Skills: \_Defensive skills\_** PE19.8.1.H

- 8 Utilize appropriate defensive strategies during modified game play. PE19.8.1.8

APE \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance; verbal cues; modeling PE19.8.1.8.APE

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**I 1.9 Manipulative Skills: \_Serving\_** PE19.8.1.I

- 9 Execute a proper serve for distance and accuracy for net and wall games in modified game play. PE19.8.1.9

APE \_\_\_APE accommodation suggestions:\_\_\_ Use larger ball, smaller or shorter net, bigger target. Hand over hand assistance and modeling. PE19.8.1.9.APE

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**J 1.10 Manipulative Skills: \_Striking\_** PE19.8.1.J

- 10 Strike with proper form in modified game play. PE19.8.1.10

APE \_\_\_APE accommodation suggestions:\_\_\_ Use longer or shorter implements for student success in controlling the implement. PE19.8.1.10.APE

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**K 1.11 Manipulative Skills: \_Volley\_** PE19.8.1.K

- 11 Forehand- and backhand-volley with a mature form and control using a short- or long- handled implement during modified game play. PE19.8.1.11

APE \_\_\_APE accommodation suggestions:\_\_\_ Use a balloon or beach ball; and reduce height of net or size of playing court. PE19.8.1.11.APE

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**Anchor Standard 2:  
Movement and  
performance: \_The  
physically literate  
individual applies  
knowledge of concepts,  
principles, strategies,  
and tactics related to  
movement and  
performance.\_** PE19.8.2

**A 2.1 Movement Concepts: \_Rules\_** PE19.8.2.A

- 1 Apply the rules, techniques, and strategies for a variety of games and activities to play a modified game. PE19.8.2.1

APE \_\_\_APE accommodation suggestions:\_\_\_ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.8.2.1.APE

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**B 2.2 Movement Concepts: \_Sporting behavior\_ PE19.8.2.B**

2 Apply appropriate sporting behavior and etiquette in a modified game. PE19.8.2.2

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.8.2.2.APE

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**C 2.3 Movement Concepts: \_Safety\_ PE19.8.2.C**

3 Apply appropriate safety behaviors in a modified game. PE19.8.2.3

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.8.2.3.APE

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**D 2.4 Movement Concepts: \_Creating space\_ PE19.8.2.D**

4 Open and close space during modified game play by combining locomotor movements with movement concepts. PE19.8.2.4

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.4.APE

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**E 2.5 Movement Concepts: \_Transitions\_ PE19.8.2.E**

5 Analyze and critique effective transitions and anticipation of opponent's strategy by recovering quickly, communicating with teammates, and capitalizing on an advantage. PE19.8.2.5

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.5.APE

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**F 2.6 Movement Concepts: \_Offensive strategies\_ PE19.8.2.F**

6 Apply the skills or strategies necessary to score in modified game play. PE19.8.2.6

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.6.APE

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**G 2.7 Movement Concepts: \_Defensive strategies\_ PE19.8.2.G**

7 Apply the skills or strategies necessary to prevent the opponent from scoring in a game situation. PE19.8.2.7

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.7.APE

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**H 2.8 Movement Concepts: \_Speed, direction, force\_ PE19.8.2.H**

8 Identify and apply Newton's laws of motion to various physical activities. PE19.8.2.8

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.8.APE

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**Anchor Standard 3:  
Physical Activity and  
Fitness: \_The physically  
literate individual  
demonstrates the  
knowledge and skills to  
achieve and maintain a  
health-enhancing level  
of physical activity and  
fitness.\_** PE19.8.3

**A 3.1 Physical Activity and Fitness: \_Physical activity knowledge\_** PE19.8.3.A

- 1 Develop a plan to address one possible barrier to maintaining a physically active lifestyle within the family, school, or community. PE19.8.3.1

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.1.APE

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**B 3.2 Physical Activity and Fitness: \_In classroom setting\_** PE19.8.3.B

- 2 Analyze the differences between moderate and vigorous activities. PE19.8.3.2

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.2.APE

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**C 3.3 Physical Activity and Fitness: \_In non-school settings\_** PE19.8.3.C

- 3 Create a plan for physical activity outside class, based on options available in the community. PE19.8.3.3

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.3.APE

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**D 3.4 Physical Activity and Fitness: \_Incorporating technology\_** PE19.8.3.D

- 4 Determine the benefits of using available technology during physical activity. PE19.8.3.4

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.4.APE

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**E 3.5 Physical Activity and Fitness: \_Fitness knowledge\_** PE19.8.3.E

- 5 Analyze the benefits of health-related and skill-related fitness components. PE19.8.3.5

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.5.APE

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**F 3.6 Physical Activity and Fitness: \_Fitness knowledge\_ PE19.8.3.F**

6 Use available technology to evaluate the quantity of individual exercise needed for optimal functioning. PE19.8.3.6

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.6.APE

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**G 3.7 Physical Activity and Fitness: \_Engagement in physical activity\_ PE19.8.3.G**

7 Design and apply a warm-up and cool-down routine for physical activity. PE19.8.3.7

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.7.APE

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**H 3.8 Physical Activity and Fitness: \_Fitness knowledge\_ PE19.8.3.H**

8 Use the overload principle in preparing a personal workout. PE19.8.3.8

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.8.APE

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**I 3.9 Physical Activity and Fitness: \_Fitness knowledge\_ PE19.8.3.I**

9 Apply concepts of physical fitness to adjust physical activity intensity. PE19.8.3.9

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.9.APE

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**J 3.10 Physical Activity and Fitness: \_Fitness knowledge\_ PE19.8.3.J**

10 Explain how body systems interact with one another during physical activity. PE19.8.3.10

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.10.APE

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**K 3.11 Physical Activity and Fitness: \_Assessment and program planning\_** PE19.8.3.K

11 Utilize one method of tracking fitness and nutrition. PE19.8.3.11

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.11.APE

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**Anchor Standard 4:  
Personal and Social  
Behavior: \_The  
physically literate  
individual exhibits  
responsible personal  
and social behavior that  
respects self and  
others.\_** PE19.8.4

**A 4.1 Personal and Social Behavior: \_Personal responsibility\_** PE19.8.4.A

1 Demonstrate appropriate methods of conflict resolution and respond in personally and socially responsible ways. PE19.8.4.1

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting; peer assistance to model proper personal and social behaviors PE19.8.4.1.APE

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**B 4.2 Personal and Social Behavior: \_Personal responsibility\_** PE19.8.4.B

2 Use effective self-monitoring skills to incorporate opportunities for physical literacy. PE19.8.4.2

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.2.APE

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**C 4.3 Personal and Social Behavior: \_Accepting feedback\_** PE19.8.4.C

3 Create an encouraging classroom environment by providing constructive feedback to peers without prompting from the teacher. PE19.8.4.3

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.3.APE

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**D 4.4 Personal and Social Behavior: \_Working with others\_** PE19.8.4.D

4 Respond appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts. PE19.8.4.4

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.4.APE

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**E 4.5 Personal and Social Behavior: \_Working with others\_** PE19.8.4.E

5 Collaborate with classmates on problem-solving initiatives during large-group activities and game play. PE19.8.4.5

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.5.APE

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**F 4.6 Personal and Social Behavior: \_Rules and etiquette\_** PE19.8.4.F

- 6 Apply rules and etiquette for a variety of physical activities, fitness exercises, and games. PE19.8.4.6

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.6.APE

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**G 4.7 Personal and Social Behavior: \_Safety\_** PE19.8.4.G

- 7 Independently use equipment appropriately and identify specific safety concerns to prevent injuries. PE19.8.4.7

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.7.APE

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**Anchor Standard 5:  
Values Physical Activity:  
\_The physically literate  
individual recognizes  
the value of physical  
activity for health,  
enjoyment, challenge,  
self-expression, and/or  
social  
interaction.\_** PE19.8.5

**A 5.1 Values Physical Activity: \_Health\_** PE19.8.5.A

- 1 Analyze the empowering consequences of being physically active. PE19.8.5.1

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance and modeling PE19.8.5.1.APE

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**B 5.2 Values Physical Activity: \_Challenge\_** PE19.8.5.B

- 2 Apply recently learned strategies to develop a plan of action and make appropriate decisions based on those concepts when faced with an individual challenge. PE19.8.5.2

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance and modeling PE19.8.5.2.APE

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**C 5.3 Values Physical Activity: \_Self-expression & enjoyment\_** PE19.8.5.C

- 3 Participate in an enjoyable activity that prompts individual self-expression. PE19.8.5.3

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance and modeling PE19.8.5.3.APE

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**D 5.4 Values Physical Activity: \_Social interaction\_** PE19.8.5.D

- 4 Exhibit self-respect when asking for help or helping others in various physical activities without prompting. PE19.8.5.4

**APE** \_\_\_APE accommodation suggestions:\_\_\_ Peer assistance and modeling PE19.8.5.4.APE