

# Grade 8

## Motor Skills and Movement Patterns [S1.G8](#)

### Dance & Rhythms

- 1 Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. [S1.G8.1](#)
- 

### Throwing

- 2 Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play. [S1.G8.2](#)
- 

### Catching

- 3 Catches an object from different trajectories and speeds in a dynamic environment or modified game play. [S1.G8.3](#)
- 

### Passing & Receiving

- 4a Passes and receives with an implement while changing direction, speed, and/or level, with competency. [S1.G8.4A](#)
  - 4b Throws a leading pass to a moving partner off a dribble or pass. [S1.G8.4B](#)
- 

### Offensive Skill

- 5a Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens. [S1.G8.5A](#)
  - 5b Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. [S1.G8.5B](#)
- 

### Dribbling/Ball Control

- 6a Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play. [S1.G8.6A](#)
  - 6b Foot-dribbles or dribbles with an implement with control, changing speed, and direction during small-sided game play. [S1.G8.6B](#)
- 

### Shooting on a Goal

- 7 Shoots on goal with a long-handled implement for power and accuracy in modified invasion games. [S1.G8.7](#)
- 

### Defensive Skills

- 8 Drop-steps in the direction of the pass during player-to-player defense. [S1.G8.8](#)

---

### **Serving**

- 9 Consistently executes an underhand serve for distance and accuracy for net and wall games. [S1.G8.9](#)
- 

### **Striking**

- 10 Strikes with a mature overhand pattern in a modified net or wall games. [S1.G8.10](#)
- 

### **Forehand & Backhand**

- 11 Demonstrates the mature form of forehand and backhand strokes with a short or long-handled implement with power and accuracy in net games. [S1.G8.11](#)
- 

### **Weight Transfer**

- 12 Transfers weight with correct timing using low-to-high striking pattern with a long-handled implement on the forehand and backhand sides. [S1.G8.12](#)
- 

### **Volley**

- 13 Forehand and backhand volleys with a mature pattern and control using a short-handled implement during modified game play. [S1.G8.13](#)
- 

### **Two-hand volley**

- 14 Two-hand volleys with control in a small-sided game. [S1.G8.14](#)
- 

### **Target Games/Propel an Object**

- 15 Consistently propels an object with accuracy and control for target games. [S1.G8.15](#)
- 

### **Striking with a Long-Handled Implement**

- 16 Strikes a pitched ball with an implement for power to open space in a variety of small-sided games. [S1.G8.16](#)
- 

### **Catching with a Short or Long-Handled Implement**

- 17 Catches a variety of objects from different trajectories and speeds in a dynamic environment or modified game play while using an implement. [S1.G8.17](#)
- 

### **Outdoor Pursuits**

- 18 Demonstrates correct technique for basic skills in at least two self-selected outdoor activities. [S1.G8.18](#)
- 

### **Individual Performance Activities**

- 19 Demonstrates correct technique for basic skills in at least two self-selected individual performance activities. [S1.G8.19](#)
- 

### **Concepts and Strategies** [S2.G8](#)

### **Creating Space - Movement**

- 1 Opens and closes space during small-sided game play with movement concepts. [S2.G8.1](#)

---

### **Creating Space - Offensive Tactics**

- 2 Executes at least three of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes and pathways; give and go. [S2.G8.2](#)

---

### **Reducing Space - Changing Size and Shape**

- 3 Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to the opponent. [S2.G8.3](#)

---

### **Reducing Space - Using Denial**

- 4 Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. [S2.G8.4](#)

---

### **Transitions**

- 5 Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. [S2.G8.5](#)

---

### **Creating Space - Through Variation**

- 6 Creates open space in net or wall games with either a long-handled or a short-handled implement by varying force or direction, or by moving opponent from side to side, and/or forward and backwards. [S2.G8.6](#)

---

### **Using Tactics & Shots**

- 7 Varies placement, force, and timing of return to prevent anticipation by opponent. [S2.G8.7](#)

---

### **Shot Selection**

- 8 Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. [S2.G8.8](#)

---

### **Offensive Strategies**

- 9 Identifies sacrifice situations and attempts to advance a teammate. [S2.G8.9](#)

---

### **Reducing Space**

- 10 Reduces open spaces in the field by working with teammates to maximize coverage. [S2.G8.10](#)

---

### **Movement Concepts**

- 11a Describes and applies mechanical advantage(s) for a variety of movement patterns. [S2.G8.11A](#)
  - 11b Implements safe protocols in self-selected outdoor activities. [S2.G8.11B](#)
-

## Health-Enhancing Level of Physical Activity and Fitness **S3.G8**

### Physical Activity Knowledge

- 1 Develops a plan to address one of the barriers within one's family, school, or community to maintaining a physically active lifestyle. **S3.G8.1**
- 

### Engages in Physical Activity

- 2a Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. **S3.G8.2A**
  - 2b Plans and implements a program of cross-training to include aerobic, strength, endurance, and flexibility training. **S3.G8.2B**
  - 2c Participates in moderate to vigorous aerobic and/or muscle and bone-strengthening physical activity. **S3.G8.2C**
- 

### Fitness Knowledge

- 3a Compares and contrasts health-related fitness components. **S3.G8.3A**
  - 3b Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. **S3.G8.3B**
  - 3c Employs a variety of appropriate static stretching techniques for all major muscle groups. **S3.G8.3C**
- 

## Responsible Personal and Social Behavior **S4.G8**

### Personal Responsibility

- 1a Accepts responsibility for improving one's own levels of physical activity and fitness. **S4.G8.1A**
  - 1b Uses effective self-monitoring skills to incorporate opportunities for physical activity. **S4.G8.1B**
- 

### Accepting Feedback

- 2 Provides encouragement and feedback to peers without prompting. **S4.G8.2**
- 

### Working with Others

- 3a Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflicts. **S4.G8.3A**
  - 3b Cooperates with multiple classmates on problem-solving initiatives. **S4.G8.3B**
- 

### Rules and Etiquette

- 4 Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters. **S4.G8.4**
- 

## Recognizes the Value of Physical Activity **S5.G8**

### Health

- 1a Identifies the components of health-related fitness and explains the relationship between fitness and overall physical and mental health. **S5.G8.1A**
- 1b Analyzes the empowering consequences of being physically active. **S5.G8.1B**

---

**Challenge**

- 2a Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. **S5.G8.2A**
- 2b Justifies that skills will develop over time with appropriate practice. **S5.G8.2B**

---

**Self-Expression and Enjoyment**

- 3a Discusses how enjoyment could be increased in self-selected physical activities. **S5.G8.3A**
- 3b Identifies and participates in an enjoyable activity that prompts individual self-expression. **S5.G8.3B**