

# Grade 8

Adopted 2016

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

1. Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. PE.1.8.1

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2. Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment. PE.1.8.2

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3. Catches with a mature pattern from a variety of trajectories appropriate to the activity in a dynamic environment. PE.1.8.3

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4. Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed PE.1.8.4

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5. Dribbles with dominant and non-dominant hands or feet using a change of speed and direction in a dynamic environment. PE.1.8.5

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6. Shoots on goal with power and accuracy as appropriate to the activity in a dynamic environment. PE.1.8.6

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7. Executes a legal underhand or overhand serve for net/wall games such as pickleball, tennis, badminton, or volleyball in a dynamic environment. PE.1.8.7

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8. Demonstrates the mature form of forehand and backhand strokes in net games with power and accuracy in a dynamic environment. PE.1.8.8

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9. Two-hand-volleys with control in a dynamic environment. PE.1.8.9

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10. Demonstrates correct technique for basic skills in at least 2 outdoor/individual-performance activities. PE.1.8.10

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11. Availability of facilities will dictate when swimming and water safety are offered in the curriculum. PE.1.8.11

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

1. Opens and closes space during small-sided game play by combining locomotor movements with movement concepts. PE.2.8.1

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2. Executes at least 3 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 & go. PE.2.8.2

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3. Adjusts open space on defense by staying on the goal side of the offensive player and reducing the distance as needed. [PE.2.8.3](#)

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  4. Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection in a modified game play. [PE.2.8.4](#)

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  5. Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. [PE.2.8.5](#)

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  6. Creates open space in net/wall games by varying force or direction, or by moving opponent from side to side and/or forward and back. [PE.2.8.6](#)

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  7. Varies placement, force and timing of return of offensive shot. [PE.2.8.7](#)

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  8. Varies the speed and trajectory of the shot based on location of the object in relation to the target. [PE.2.8.8](#)

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  9. Identifies open spaces and attempts to strike object into that space. Examples of field/striking games include: softball, kickball, etc. [PE.2.8.9](#)

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  10. Reduces open spaces in the field by working with teammates to maximize coverage. [PE.2.8.10](#)

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  11. Makes appropriate decisions based on the weather, level of difficulty due to conditions or ability to ensure safety of self and others. [PE.2.8.11](#)
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The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Develops a plan to address one of the barriers within one's family, school or community to maintaining a physically active lifestyle. [PE.3.8.1](#)

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2. Participates in self-selected physical activity outside of physical education class. [PE.3.8.2](#)

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3. Plans and implements a program of cross-training to include aerobic, strength & endurance and flexibility training. [PE.3.8.3](#)

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4. Participates in a self-selected lifetime sport, dance, aquatic or outdoor activity outside of the school day. [PE.3.8.4](#)

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5. Compares and contrasts health-related fitness components. [PE.3.8.5](#)

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6. Employs a variety of appropriate static stretching techniques for all major muscle groups. [PE.3.8.6](#)

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7. Uses the overload principle (FITT formula) in preparing a personal workout. [PE.3.8.7](#)

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8. Designs and implements a warm-up/cool-down regimen for a self-selected physical activity. [PE.3.8.8](#)

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9. Defines how the RPE Scale (Borg Rating of Perceived Exertion (RPE) Scale) can be used to determine the perception of the work effort or intensity of exercise. PE.3.8.9

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  10. Explains how major muscle groups interact with other body systems during physical activity. PE.3.8.10

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  11. Designs and implements a program of remediation for areas of weakness based on the results of personal health-related fitness assessment. PE.3.8.11

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  12. Describes the relationship between poor nutrition and health risk factors. PE.3.8.12

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  13. Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi. PE.3.8.13
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The physically literate individual exhibits responsible personal and social behavior that respects self and others.

1. Exhibits responsibility for self and promotes responsibility in others. PE.4.8.1

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  2. Provides encouragement and feedback to peers without prompting from the teacher. PE.4.8.2

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  3. Responds appropriately to participants' ethical and unethical behavior during physical activity by using established rules and guidelines for resolving conflicts. PE.4.8.3

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  4. Cooperates with classmates on problem-solving initiatives using self-directed behaviors. PE.4.8.4

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  5. Applies rules and etiquette by acting as an official or modifying physical activities/games and rhythmic activities. PE.4.8.5

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  6. Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity. PE.4.8.6
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

1. Identifies different types of physical activities and describes how each exerts a positive effect on health. PE.5.8.1

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2. Identifies positive mental and emotional aspects of participating in a variety of physical activities. PE.5.8.2

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3. Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge. PE.5.8.3

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4. Identifies why self-selected physical activities create enjoyment. PE.5.8.4

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5. Demonstrates the importance of social interaction by helping and encouraging others, providing support to classmates. PE.5.8.5