

# Grades 6-8

Develops a variety of motor skills. 8.DMS

- 1 Demonstrates correct technique in a variety of outdoor activities (e.g., hiking, biking, and climbing). 8.DMS.1

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- 2 Demonstrates movement sequences within varied dance forms. 8.DMS.2

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- 3 Demonstrates appropriate form in a variety of health-related fitness activities. 8.DMS.3

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- 4 Demonstrates appropriate form in a variety of skill-related fitness activities. 8.DMS.4

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- 5 Demonstrates proper form for a striking motion with a long-handled implement. 8.DMS.5

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- 6 Demonstrates a correct rolling and throwing (underhand, sidearm, overhand) technique in a variety of practice tasks and modified target games. 8.DMS.6

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- 7 Demonstrates proper form for striking a self-tossed/pitched ball with an implement to open space in a variety of practice tasks and small-sided games. 8.DMS.7

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- 8 Demonstrates a proper catch with or without an implement in a variety of practice tasks and small-sided games. 8.DMS.8

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- 9 Demonstrates throwing for accuracy, distance, and power in a variety of practice tasks and small-sided games. 8.DMS.9

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- 10 Demonstrates a proper underhand and overhand serve using the hand in a variety of practice tasks and modified small-sided games. 8.DMS.10

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- 11 Demonstrates a proper underhand and overhand serve using a short-handled implement in a variety of practice tasks and modified small-sided games. 8.DMS.11

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- 12 Demonstrates the correct form of a forehand and backhand stroke with a short-handled implement in a variety of practice tasks and modified small-sided games. 8.DMS.12

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- 13 Demonstrates proper form for a volley using a short-handled implement in a variety of practice tasks and modified net and wall games. 8.DMS.13

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- 14 Demonstrates proper form for sending and receiving in combination with locomotor skills in a variety of small-sided games. 8.DMS.14**

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  - 15 Demonstrates proper form for dribbling skill in a variety of practice tasks and small-sided games. 8.DMS.15**

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  - 16 Demonstrates proper form for dribbling an object with an implement in a variety of practice tasks and small-sided games. 8.DMS.16**

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  - 17 Demonstrates proper form for a shot on goal with and without an implement in a variety of practice tasks and small-sided games. 8.DMS.17**

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  - 18 Demonstrates multiple techniques to create open space during a variety of practice tasks and small-sided games (offense). 8.DMS.18**

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  - 19 Demonstrates a defensive ready position in a variety of practice tasks and small-sided games. 8.DMS.19**

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  - 20 Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills. 8.DMS.20**
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**Applies knowledge related to movement and fitness concepts. 8.AMF**

- 1 Identifies the effective use of movement concepts within multiple dynamic environments and lifetime activities. 8.AMF.1**

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- 2 Demonstrates and applies knowledge of offensive tactics to create space with movement in invasion games. 8.AMF.2**

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- 3 Demonstrates and applies knowledge of reducing open space with movement and denial in invasion games. 8.AMF.3**

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- 4 Demonstrates and applies the appropriate shot and technique in net and wall games. 8.AMF.4**

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- 5 Demonstrates and applies knowledge of offensive tactics in striking and fielding games. 8.AMF.5**

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- 6 Demonstrates and applies knowledge of defensive positioning tactics in striking and fielding games. 8.AMF.6**

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- 7 Demonstrates problem-solving skills in a variety of games and activities. 8.AMF.7**

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- 8 Applies knowledge of movement concepts for the purpose of varying different types of dances and rhythmic activities. 8.AMF.8**

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- 9 Identifies and compares the components of health and skill-related fitness. 8.AMF.9**

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- 10 Self-selects and monitors physical activity goals based on a self-selected health-related fitness assessment. 8.AMF.10**

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- 11** Implements the principles of exercise (progression, overload, and specificity) for different types of physical activity. 8.AMF.11
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- 12** Applies knowledge of skill-related fitness to different types of physical activity. 8.AMF.12
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- 13** Explains the relationship of aerobic fitness and RPE Scale to physical activity effort. 8.AMF.13
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- 14** Applies knowledge of dynamic and static stretching to exercise in warm-up, cool-down, flexibility, endurance, etc. physical activities. 8.AMF.14
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- 15** Demonstrates knowledge of heart rate, ability to monitor it, and describes its relationship to aerobic fitness. 8.AMF.15
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- 16** Identifies ways to be physically active. 8.AMF.16
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- 17** Examines how rest impacts the body's response to physical activity. 8.AMF.17
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- 18** Analyzes skill performance by identifying critical elements. 8.AMF.18
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- 19** Evaluates usefulness of technology tools to support physical activity and fitness goals. 8.AMF.19
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- 20** Explains the relationships among nutrition, physical activity, and health factors. 8.AMF.20
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- 21** Demonstrates and/or applies knowledge of safety protocols in teacher-selected outdoor activities. 8.AMF.21
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- 22** Demonstrates and applies knowledge of water safety skills. Demonstrates knowledge of basic swimming skills if a water facility is available. 8.AMF.22
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**Develops social skills through movement.** 8.SSM

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- 1** Understands and accepts others' differences during a variety of physical activities. 8.SSM.1
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- 2** Demonstrates consideration for others and contributes positively to the group or team. 8.SSM.2
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- 3** Uses communication skills to negotiate strategies and tactics in a physical activity setting. 8.SSM.3
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- 4** Implements and provides constructive feedback to and from others when prompted and supported by the teacher. 8.SSM.4
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- 5** Explains the value of a specific physical activity in culture. 8.SSM.5
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- 6** Demonstrates the ability to follow game rules in a variety of physical activity situations. 8.SSM.6
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**7 Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment. 8.SSM.7**

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**8 Solves problems amongst teammates and opponents. 8.SSM.8**

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**9 Applies and respects the importance of etiquette in a physical activity setting. 8.SSM.9**

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**10 Explains how communication, feedback, cooperation, and etiquette relate to leadership roles. 8.SSM.10**

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**Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. 8.PSB**

**1 Describes how self-expression impacts individual engagement in physical activity. 8.PSB.1**

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**2 Describes how social interaction impacts individual engagement in physical activity. 8.PSB.2**

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**3 Participates in a variety of physical activities that can positively affect personal health. 8.PSB.3**

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**4 Connects how choice and personal interests impact individual engagement in physical activity. 8.PSB.4**

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**5 Examines individual and group challenges through movement. 8.PSB.5**

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**6 Sets goals to participate in physical activities based on examining individual ability. 8.PSB.6**

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**7 Examines opportunities and barriers to participating in physical activity outside of physical education class. 8.PSB.7**

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**8 Utilizes a variety of techniques to manage one's emotions and behaviors in a physical activity setting. 8.PSB.8**

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**9 Reflects on movement experiences during physical education to develop an understanding of how movement is personally meaningful. 8.PSB.9**

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