

# Grade 8

Adopted 2016

## Motor Skills

### 1. Invasion Games/Throwing MS.1

8. Using a mature overhand pattern, throws to teammates of varying distances in a game-like situation. MS.1.8
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### 2. Invasion Games/Catching MS.2

8. Demonstrates the ability to catch at various levels and extensions in a game-like situation. MS.2.8
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### 3. Invasion/Receiving MS.3

8. Passes/receives with hands/feet/implement in game-like situations. MS.3.8
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### 4. Invasion Games/Passing and Receiving MS.4

8. Passes and receives in game-like situation. MS.4.8
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### 5. Invasion Games/Offensive Skills MS.5

8. Executes offensive skills (pivots, fakes, change of direction, and give and go) to create open space during game-like situation. MS.5.8
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### 6. Invasion Games/Sports-Ball Control MS.6

8. Dribbles and maintains possession against a defender while changing directions and speed. (hand or foot) MS.6.8
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### 7. Invasion Games/Sports-Ball Control MS.7

8. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement in a game-like situation. MS.7.8
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### 8. Invasion Games/Sports-Shooting on Goal MS.8

8. Shoots on goal with appropriate force and accuracy during game like situations. MS.8.8
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### 9. Invasion Games/Sports-Defensive Skills MS.9

8. Executes a drop step. MS.9.8
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### 10. Games/Sports-Serving (Net/Wall) MS.10

8. Using a mature pattern executes a serve (underhand/overhand)for accuracy and distance. MS.10.8

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**11. Games/Sports-Striking (Net/Wall)** MS.11

8. Strikes with an overhand pattern with appropriate distance and force during game like situations. MS.11.8
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**12. Games/Sports-Forehand/Backhand** MS.12

8. Using either a short or long handled implement, demonstrates forehand and backhands strokes in a game-like situation. MS.12.8
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**13. Net/wall Games/Sports-Volley** MS.13

8. Executes a forearm volley during game like situations. MS.13.8
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**14. Game/Sports-Target ( Striking)** MS.14

8. Strikes a stationary object with an implement in game like situations. MS.14.8
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**15. Games/Sports-Field(Strike)** MS.15

8. Strikes a pitched ball with implement with force and accuracy in a game like situation. MS.15.8
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**16. Games/Sports-Field (Fielding)** MS.16

8. Catches (fields) an object in game like situations. MS.16.8
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**17. Fitness (types of activities)** MS.17

8. Engages in a workout to include aerobic, muscular strength/endurance and flexibility training. MS.17.8
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**18. Fitness (intensity)** MS.18

8. Selects and participates in a moderate or vigorous physical activity. MS.18.8
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**19. Fitness (flexibility)** MS.19

8. Engages in a flexibility warm-up that utilizes both dynamic and static stretches. MS.19.8
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**20. Rhythms & Dance** MS.20

8. Performs a student created dance with at least 32 counts. MS.20.8
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**21. Rhythms & Dance** MS.21

8. Performs a student created small group dance routine to a tempo of choice. MS.21.8
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**22. Educational Gymnastics** MS.22

8. Creates and performs an educational gymnastics routine to music with at least 4 elements. MS.22.8

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**23. Aquatics** MS.23

- 8. Demonstrates correct technique of front crawl. MS.23.8

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**24. Outdoor Pursuits** MS.24

- 8. Demonstrates correct technique for basic skills in 3 selected outdoor activity (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.8
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**Cognitive Concepts****1. Peer Assessment (demonstrates higher level learning, offers feedback to peers)** CC.1

- 8. Offers feedback to correct a peer's skill performance. CC.1.8

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**2. Peer Assessment (demonstrates higher level learning, offers feedback to peers)** CC.2

- 8. Student creates a checklist to evaluate a peer's skill performance and use of tactic and strategies in game-like situations. CC.2.8

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**3. Games/Sports- Creating Space** CC.3

- 8. Creates open space by staying spread on offense while cutting and passing quickly and using fakes off the ball. CC.3.8

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**4. Games/Sports- Reducing Space** CC.4

- 8. Maximizes defensive coverage by working with teammates based on the situation. CC.4.8

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**5. Games/Sports-Denial** CC.5

- 8. When appropriate, denies the pass or catch to work toward interception. CC.5.8

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**6. Games/Sports-Transition** CC.6

- 8. Successfully transitions quickly from defense to offense while communicating with teammates thus capitalizing on an advantage. CC.6.8

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**7. Games/Sports-Tactics/Shots** CC.7

- 8. Utilizes a variety of shots and placement to prevent opponent anticipation. CC.7.8

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**8. Games/Sports-Shot Selection** CC.8

- 8. Controls speed and/or trajectory of the shot based on position of opponent or target. CC.8.8

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**9. Games/Sports-Offensive Strategies** CC.9

- 8. Identifies different strategies to advance a teammate. CC.9.8

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**10. Outdoor Pursuits-Movement Concepts** CC.10

- 8. Follows and implements safety procedures in self-selected activities. CC.10.8
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## Fitness And Physical Activity (FPA)

### 1. Physical Activity Knowledge FPA.1

- 8. Creates a list of a light, moderate, and vigorous activity that one can complete after school or on weekends. FPA.1.8
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### 2. Fitness Knowledge FPA.2

- 8. Incorporates health and skill related fitness components in an individual fitness plan. FPA.2.8
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### 3. Fitness Knowledge FPA.3

- 8. Utilizes the Rate of Perceived Exertion (RPE) scale to monitor and adjust workout intensity. FPA.3.8
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### 4. Fitness Knowledge FPA.4

- 8. Uses the FITT Principle to design a workout. FPA.4.8
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### 5. Fitness Knowledge FPA.5

- 8. Identifies strengthening exercises that will help performance in physical activities. FPA.5.8
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### 6. Assessment & Planning FPA.6

- 8. Implements a fitness plan and assess effectiveness. FPA.6.8
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## Personal & Social Responsibility (PSR)

### 1. Personal and Social Responsibility PSR.1

- 8. Exhibits good sportsmanship during competitive play. PSR.1.8
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### 2. Rules & Etiquette PSR.2

- 8. Applies rules and etiquette by acting as and interacting with officials during physical activity. PSR.2.8
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### 3. Rules & Etiquette PSR.3

- 8. Resolves conflicts and accepts decisions of judgment in socially acceptable ways. PSR.3.8
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### 4. Cooperation PSR.4

- 8. Works cooperatively with a large group to achieve group goals. PSR.4.8
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## Values Physical Activity (VPA)

### 1. Appreciation VPA.1

- 8. Recognizes differences in reasons why people participate in physical activity. VPA.1.8
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### 2. Challenge VPA.2

- 8. Provides support for teammates in challenging situations. VPA.2.8