

Grade 8

Adopted 2009

Skill Development

1. Demonstrate skills utilized in lifetime health-enhancing activities.

2. Demonstrate aerobic movement skills and the performance of original dance routines.
 - Choreographing routines
 - Teaching student-created routines

3. Demonstrate combinations of balancing and supporting skills.

4. Demonstrate skills used in individual, dual, and team sports.

5. Demonstrate skills associated with adventure, outdoor, and recreational activities.

6. Demonstrate player-to-player defensive strategy skills.

Cognitive Development

7. Identify rules, regulations, tactics, strategies, and rituals utilized in individual, dual, and team sports.

8. Apply movement concepts to sport, dance, gymnastics, recreational skill performances, and other physical activities.

9. Summarize research findings of at least one local, national, or international game for its history, terminology, rules, and basic skills.

Social Development

10. Solve problems in physical activity settings by identifying cause and potential solutions.

11. Describe how recognizing opposing opinions and priorities, including displaying willingness to compromise, apply to teamwork and goal achievement.

12. Apply positive reinforcement to enhance peer physical performance during physical activity.

Physical Activity and Health

13. Explain long-term physiological and psychological benefits resulting from regular participation in physical activity.

14. Identify the role of exercise in stress reduction.

15. Apply the F.I.T.T. principle to an individualized fitness plan.

16. Design a personalized fitness plan.