

# Grade 8

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. 8.1

## 1 Individual-Performance Activities 8.1.1

A Performs correct technique for a variety of skills in two selected individual performance activities. 8.1.1.A

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## 2 Outdoor Pursuits 8.1.2

A Performs correct technique for a variety of skills in two selected outdoor activities. 8.1.2.A

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## 3 Dance and Rhythm 8.1.3

A Exhibits command of rhythm and timing by creating a movement/rhythm sequence to music as an individual or in a group. 8.1.3.A

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## 4 Throwing 8.1.4

A Performs a mature throwing (underhand and overhand) pattern for distance, control, and accuracy during small-sided and target game play. 8.1.4.A

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## 5 Catching 8.1.5

A Performs a mature catching pattern with hands (such as a ball or Frisbee) or an implement (such as a lacrosse stick) in a dynamic environment or small-sided game play. 8.1.5.A

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## 6 Passing and Receiving 8.1.6

A Performs passing and receiving with hands, feet, or implements with competency while moving, changing direction, speed, or level in small-sided game play. 8.1.6.A

B Performs a lead pass with competency, while moving or stationary, to a moving receiver during small-sided game play. 8.1.6.B

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## 7 Dribbling 8.1.7

A Performs dribbling skills with dominant and nondominant hand, foot, and implements with control while moving, changing directions, and speed in small-sided game play. 8.1.7.A

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## 8 Striking 8.1.8

- A Performs striking with competency in small-sided game play. 8.1.8.A
  - B Performs striking a stationary object for accuracy and power, using an implement, with competency in activities (such as golf, hockey). 8.1.8.B
  - C Performs striking a moving object for power, with competency, using an implement in small-sided game play. 8.1.8.C
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## 9 Forehand and Backhand 8.1.9

- A Performs forehand and backhand strokes with competency while transferring weight with correct timing, using a short- or long-handled implement during a small-sided game. 8.1.9.A
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## 10 Shooting 8.1.10

- A Performs shooting on goal with competency and accuracy during a small-sided game. 8.1.10.A
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## 11 Serving 8.1.11

- A Performs an underhand or overhand serve with competency, control, and weight transfer in a small-sided game. 8.1.11.A
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## 12 Volleying 8.1.12

- A Performs controlled forehand and backhand volleys with competency with a short- or long-handled implement during a small-sided game. 8.1.12.A
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## 13 Offensive Skills 8.1.13

- A Performs two different movements without the ball or object (such as the pivot, give and go, fakes, or jab steps). 8.1.13.A
  - B Performs two different movements with the ball or object (such as dribbling) to create open space during a small-sided game. 8.1.13.B
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## 14 Defensive Skills 8.1.14

- A Performs the defensive position and slides in all directions without crossing the feet in a small-sided game. 8.1.14.A
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**The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.** 8.2

## 1 Target Games 8.2.1

- A Demonstrates the concept of changing the speed, force, and trajectory of a shot based on location of the object in relation to the target. 8.2.1.A
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## 2 Movement and Rhythm 8.2.2

- A Applies Newton's law of motion to various movement activities. 8.2.2.A
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## 3 Outdoor Pursuits 8.2.3

- A Implements safety protocols in self-selected outdoor pursuits. 8.2.3.A

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#### **4 Offensive Tactics** 8.2.4

- A Applies multiple ways to create open space (such as moving to open space without a ball or object; using a variety of passes, pivots, and fakes; using the give and go maneuver; using the width and length of the field/court; staying spread out on offense; cutting and passing quickly; using fakes off the ball). (invasion games) 8.2.4.A
  - B Performs a variety of shots to open space in a small-sided game. (field and strike games) 8.2.4.B
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#### **5 Defensive Tactics** 8.2.5

- A Applies ways to reduce open space by staying on the goal side of the offensive player and anticipate the speed of the object or person for the purpose of interception or deflection. (invasion games) 8.2.5.A
  - B Reduces open space during a small-sided game by working with teammates to maximize coverage. (field and strike games) 8.2.5.B
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#### **6 Transitions, Invasion Games** 8.2.6

- A Demonstrates the transitions from offense to defense and defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. 8.2.6.A
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#### **7 Creating Space, Net and Wall Games** 8.2.7

- A Demonstrates creating open space by varying force and direction, and forcing the opponent to move from side to side and/or forward and backward. 8.2.7.A
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#### **8 Tactics and Shots, Net and Wall Games** 8.2.8

- A Demonstrates a variety of shots to end a rally by using placement, force, or timing. 8.2.8.A
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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.** 8.3

#### **1 Physical Activity Benefits** 8.3.1

- A Explains connections between physical activity and overall physical and mental health. 8.3.1.A
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#### **2 Engagement in Physical Activity** 8.3.2

- A Participates in physical activity three times a week outside of physical education class. 8.3.2.A
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#### **3 Components of Fitness** 8.3.3

- A Explains health-related and skill-related components of fitness for self-selected physical activities. 8.3.3.A

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#### **4 Health-Related Fitness** 8.3.4

- A Describes the impact of cardiorespiratory endurance, muscular endurance, and muscular strength on body composition. 8.3.4.A
  - B Uses a variety of appropriate static and dynamic stretching techniques for different muscle groups and understands when to apply them in their routine (i.e. dynamic prior to activity and static post-activity). 8.3.4.B
  - C Calculates target heart rate zone and adjusts intensity during physical activity to stay in the zone. 8.3.4.C
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#### **5 FITT Principle** 8.3.5

- A Designs a personal workout using the FITT principle (frequency, intensity, time, type). 8.3.5.A
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#### **6 Phases of Exercise** 8.3.6

- A Designs and implements a warm-up or cool-down for a self-selected physical activity. 8.3.6.A
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#### **7 Engagement in Fitness Activities** 8.3.7

- A Participates in a variety of self-selected fitness activities outside of school. 8.3.7.A
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#### **8 Body Systems** 8.3.8

- A Explains how respiratory, muscular, and skeletal systems interact with each other during physical activity. 8.3.8.A
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#### **9 Nutrition** 8.3.9

- A Develops strategies for balancing healthy food, snacks, and water intake specific to daily physical activity. 8.3.9.A
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#### **10 Goal-Setting** 8.3.10

- A Uses a SMART (specific, measurable, attainable, realistic, and timely) goal to improve or maintain three areas of health-related fitness based on a fitness assessment. 8.3.10.A
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#### **11 Physical Activity and Nutrition Log** 8.3.11

- A Maintains and reflects on a personal physical activity and nutrition log to document learning and set goals for improvement. 8.3.11.A
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**The physically literate individual exhibits responsible personal and social behavior that respects self and others.** 8.4

#### **1 Personal Responsibility** 8.4.1

- A Accepts responsibility for improving one's own level of physical activity and fitness. 8.4.1.A
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#### **2 Rules and Etiquette** 8.4.2

- A Applies rules and etiquette for physical activities and games, and creates dance or rhythmic routines within a given set of parameters. 8.4.2.A

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**3 Receiving and Providing Feedback** 8.4.3

A Provides encouragement and feedback to peers without prompting 8.4.3.A

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**4 Working with Others** 8.4.4

A Demonstrates cooperation skills and strategies that promote team or group dynamics. 8.4.4.A

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**5 Safety** 8.4.5

A Identifies specific safety concerns associated with physical activity and fitness equipment. 8.4.5.A

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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self expression, and/or social interaction.** 8.5

**1 Health** 8.5.1

A Identifies the five components of health-related fitness, and explains the connections of being healthy (physically and mentally) and fit. 8.5.1.A

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**2 Challenge** 8.5.2

A Applies strategies to overcome individual challenges in physical activity. 8.5.2.A

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**3 Self-Expression and Enjoyment** 8.5.3

A Discusses how enjoyment can be increased in self-selected physical activities. 8.5.3.A

B Identifies and participates in an enjoyable activity that prompts individual self-expression. 8.5.3.B

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**4 Social Interaction** 8.5.4

A Demonstrates respect for self and others by asking for help and helping others in various physical activities and games. 8.5.4.A