

# Grade 8

Adopted 2016

## Physical Activity Skills and Movement Patterns PE.8.1

### 1. Performs a variety of dance and rhythmic skills and activities with competency. PE.8.1.1

- a. Creates a sequence of movements to a beat or rhythm in a dance. PE.8.1.1.A
- b. Creates a sequence of movements for a rhythmic activity. PE.8.1.1.B

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### 2. Performs a variety of invasion and field game skills and activities with competency. PE.8.1.2

- a. Throws with a mature pattern for distance, force, and speed in small-sided game play (e.g., softball, basketball, football, lacrosse, Frisbee). PE.8.1.2.A
- b. Catches using an implement with a mature pattern in small-sided game play (e.g., lacrosse, scoop). PE.8.1.2.B
- c. Passes an object with an implement in combination with running, changing direction, and speed with competency (e.g., hockey, lacrosse, scoop). PE.8.1.2.C
- d. Receives object with an implement in combination with running, changing direction, and speed (e.g., hockey, broomball). PE.8.1.2.D
- e. Performs pivots, fakes, and jab steps correctly in modified games (e.g., basketball, soccer, lacrosse, flag football). PE.8.1.2.E
- f. Dribbles with dominant and non-dominant hand using a change of speed and direction in small-sided game play (e.g., basketball). PE.8.1.2.F
- g. Foot-dribbles combined with passing, changing speed and direction in small-sided game play (e.g., soccer). PE.8.1.2.G
- h. Dribbles with an implement combined with passing in modified games (e.g., floor hockey, broom ball). PE.8.1.2.H
- i. Shoots on goal using an implement with power and accuracy in a modified game (e.g., team handball, hockey and lacrosse). PE.8.1.2.I
- j. Utilizes drop step technique while defending (e.g., basketball, football, softball). PE.8.1.2.J

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**3. Performs a variety of net and wall game skills and activities with competency.** PE.8.1.3

- a. Performs a legal underhand serve with accuracy in a modified game. PE.8.1.3.A
- b. Strikes with a mature overhand pattern in a modified game (e.g., volleyball, handball, badminton, tennis). PE.8.1.3.B
- c. Strikes with mature pattern, using the forehand and backhand strokes with a short- or long-handled implement with accuracy, in a modified game. PE.8.1.3.C
- d. Applies forehand and backhand volleys with a mature pattern and control using an implement in a modified game. PE.8.1.3.D
- e. Executes overhead two-hand volley with control in a modified game. PE.8.1.3.E
- f. Performs a forearm pass with a mature pattern and control in a modified game. PE.8.1.3.F

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**4. Performs a variety of target game skills and activities with competency.** PE.8.1.4

- a. Throws underhand for accuracy and control with a mature pattern in a modified target game. PE.8.1.4.A
- b. Strikes, with an implement, a stationary object for accuracy and distance (e.g., croquet, golf, shuffleboard). PE.8.1.4.B

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**5. Performs a variety of fielding/striking game skills and activities with competency.** PE.8.1.5

- a. Strikes a pitched ball with power with an implement to an open space in a variety of small-sided games. PE.8.1.5.A
- b. Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play. PE.8.1.5.B

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**6. Performs a variety of outdoor pursuits and individual performance activities with competency.** PE.8.1.6

- a. Demonstrates correct technique for a variety of skills in two self-selected outdoor activities (e.g., fishing, archery, wall climbing, geocaching, bicycling). PE.8.1.6.A
- b. Demonstrates correct technique for a variety of skills in two self-selected activities (e.g., wrestling, track and field, skating, tumbling). PE.8.1.6.B

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**Movement Concepts, Strategies, and Tactics** PE.8.2

**1. Applies knowledge of movement concepts, strategies, and tactics in individual performance activities, dance and rhythms.** PE.8.2.1

- a. Describes and applies mechanical advantage(s) for a variety of movement patterns. PE.8.2.1.A

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**2. Applies knowledge of movement concepts, strategies, and tactics in invasion games.** PE.8.2.2

- a. Creates and reduces space using a variety of passes and offensive tactics during modified games (e.g., pivots, fakes, give and go). PE.8.2.2.A
- b. Responds with appropriate locomotor movements while transitioning between offense and defense, communicating with teammates, and capitalizing on opportunities. PE.8.2.2.B

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**3. Applies knowledge of movement concepts, strategies, and tactics in net/wall games.** PE.8.2.3

- a. Creates space when hitting with either a long- or short-handled implement by varying force or direction or by moving opponent side-to-side and/or forward and back. PE.8.2.3.A
- b. Varies placement, force and timing of return to prevent anticipation by opponent. PE.8.2.3.B

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**4. Applies knowledge of movement concepts, strategies, and tactics in target games.** PE.8.2.4

- a. Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. PE.8.2.4.A

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**5. Applies knowledge of movement concepts, strategies, and tactics in fielding/striking games.** PE.8.2.5

- a. Identifies sacrifice situations and attempts to advance a teammate. PE.8.2.5.A
- b. Reduces open spaces in the field by working with teammates to maximize coverage. PE.8.2.5.B

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**6. Applies knowledge of movement concepts, strategies, and tactics in outdoor pursuits.** PE.8.2.6

- a. Implements safe protocols in self-selected outdoor activities. PE.8.2.6.A

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**Health-Related Physical Activity and Fitness** PE.8.3

**1. Demonstrates the knowledge and skill to achieve and maintain a health-enhancing level of physical activity.** PE.8.3.1

- a. Explains the connections between health-related fitness and overall physical and mental health. PE.8.3.1.A

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**2. Engages in physical activity.** PE.8.3.2

- a. Participates in a variety of activities with moderate to vigorous intensity for a minimum of 60 minutes a day. PE.8.3.2.A
- b. Plans and creates, with teacher assistance, a variety of strength and muscular endurance activities using body weight and light free-weights. PE.8.3.2.B
- c. Participates in a variety of aerobic fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers). PE.8.3.2.C
- d. Participates in self-selected lifetime sport, dance, aquatic, or outdoor activity outside of the school day. PE.8.3.2.D

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**3. Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.8.3.3

- a. Compares and contrasts physical activities based on their contributions to health-related fitness components. PE.8.3.3.A
- b. Uses available technology to self-monitor quantity of exercise and enhance current fitness level. PE.8.3.3.B
- c. Designs and implements a variety of warm-up/cool-down regimens with a variety of dynamic and static stretches for multiple activities. PE.8.3.3.C
- d. Uses the overload principle in preparing a personal workout. PE.8.3.3.D
- e. Defines how the Borg Rate of Perceived Exertion (RPE) scale can be used to adjust workout intensity during physical activity. PE.8.3.3.E
- f. Performs a variety of single-joint and multi-joint movements in resistance training with an appropriately selected resistance. PE.8.3.3.F
- g. Identifies technical resistance progressions and determines corrections that are necessary for injury prevention and health promotion. PE.8.3.3.G
- h. Designs and implements a program of remediation for three areas of weakness based on the results of health-related fitness assessment. PE.8.3.3.H
- i. Designs and implements a program to improve levels of health-related fitness and nutrition. PE.8.3.3.I

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**4. Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.8.3.4

- a. Describes the relationship between poor nutrition and health risk factors. PE.8.3.4.A

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**5. Communicates the importance of health-related fitness components and stress management with physical activity.** PE.8.3.5

- a. Performs basic movements used in other stress-reducing activities (e.g., yoga, tai chi). PE.8.3.5.A
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**Responsible  
Behavior** PE.8.4

- 1. Exhibits personal responsibility in physical activity settings.** PE.8.4.1
  - a. Accepts responsibility for personal and social behaviors and improving ones' own level of physical activity and fitness. PE.8.4.1.A

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- 2. Accepts and responds to specific corrective feedback from teacher and peers.** PE.8.4.2
  - a. Provides encouragement and positive feedback to peers without prompting from the teacher. PE.8.4.2.A

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- 3. Exhibits responsible social behavior when working with others.** PE.8.4.3
  - a. Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflict. PE.8.4.3.A
  - b. Employs critical thinking skills to solve problems and make decisions. PE.8.4.3.B

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- 4. Follows rules and demonstrates proper etiquette.** PE.8.4.4
  - a. Officiates modified physical activities and games. PE.8.4.4.A
  - b. Creates dance routines applying appropriate behavior and etiquette observing, creating, and performing dance. PE.8.4.4.B

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- 5. Participates safely in physical activities.** PE.8.4.5
  - a. Independently uses physical activity and fitness equipment appropriately. PE.8.4.5.A
  - b. Identifies specific safety associated with the physical activity. PE.8.4.5.B
  - c. Applies specific safety concerns associated with the activity when practicing with peers. PE.8.4.5.C

**Physical Activity  
Benefits** PE.8.5

- 1. Recognizes the benefits of physical activity for health.** PE.8.5.1
  - a. Explains the connections between fitness and overall physical and mental health. PE.8.5.1.A
  - b. Analyzes the empowering consequences of being physically active as it relates to physical, social, and mental/emotional health. PE.8.5.1.B

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- 2. Recognizes the benefits of physical activity for challenge.** PE.8.5.2
  - a. Develops a plan of action for challenge in physical activity and makes appropriate decisions based on that plan. PE.8.5.2.A

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- 3. Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.8.5.3
  - a. Enjoys self-selected physical activities. PE.8.5.3.A
  - b. Describes how moving competently in a physical activity setting creates enjoyment. PE.8.5.3.B
  - c. Identifies and participates in an enjoyable activity that prompts individual expression. PE.8.5.3.C

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**4. Recognizes the benefits of physical activity for social interaction.** PE.8.5.4

- a. Exhibits respect for self by asking for help and helping others in various physical activities. PE.8.5.4.A