
Physical Education: Grade 8

To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills

Essential Understanding: **8PESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

Standards: **8PESK1:** participate fully and communicate cooperatively with others;
 8PESK2: perform activities safely and follow rules of etiquette and ethical behavior;
 8PESK3: display age appropriate self-control and discipline;
 8PESK4: display a willingness to receive and use feedback to improve performance;
 8PESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities;
 8PESK6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
 8PESK7: display an interest in and assist and encourage others' efforts;
 8PESK8: display behaviors that are supportive and inclusive;
 8PESK9: self-initiate behaviors that contribute to personal and partner/group effort;
 8PESK10: adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns

Essential Understanding: **8PE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

Standards: **8PE1a:** adapt combinations of specialized motor skills and patterns, competently, in modified versions of individual, dual, and team sports and other activities;
 8PE1b: demonstrate, without cue, critical elements in specialized skills related to sports (e.g., overhand throw for distance/force, serving and bumping, volleyball, shooting a basketball, shooting a lay-up, forehand and backhand, striking with a racquet or club, batting);

- 8PE1c:** design and perform sequences of dance steps/movements/rhythmic gymnastics with intentional changes in speed, direction, and flow;
- 8PE1d:** use correct terminology associated with modified sports and cooperative/challenge activities;
- 8PE1e:** set goals and monitor change in the development of movement skills in order to improve performance;
- 8PE1f:** create and monitor activities that provide practice of selected skills to improve performance (e.g., practice with nondominant hand, practice specific game situations, practice jumps and cartwheels in both directions);
- 8PE1g:** select and use appropriate protective equipment for preventing injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

Essential Understanding:

- 8PE2** Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness.

The student will:

Standards:

- 8PE2a:** use the FITT Principle to analyze a daily log for all levels of physical activity performed throughout the week in school, at home, and in the community;
- 8PE2b:** analyze physical activities available for youth within the community that match personal interests and provide lifelong health benefits;
- 8PE2c:** demonstrate activities that measure and develop each component of one's health- and skill-related fitness goals;
- 8PE2d:** design and implement a personal three-week plan to achieve reasonable health and/or skill-related physical fitness goals and evaluate one's progress;
- 8PE2e:** compare and contrast the use of heart-rate monitors and manual methods in maintaining intensity of aerobic activity within one's target heart-rate zone; and
- 8PE2f:** demonstrate competency when performing individual and partner stretching as part of a warm-up and cool-down for specified sports and physical activities.