

8th Grade Physical Education

Power Standard: Demonstrate various motors skills and utilize offensive/defensive strategies in a variety of sports.		
PE.8.1.01	utilize basic offensive and defensive strategy while participating in individual, dual, and team sports (e.g., lead-up games/activities).	
	<ul style="list-style-type: none"> Utilize basic offensive strategy while participating in individual sports 	Performance
	<ul style="list-style-type: none"> Utilize basic offensive strategy while participating in dual sports 	Performance
	<ul style="list-style-type: none"> Utilize basic offensive strategy while participating in team sports 	Performance
	<ul style="list-style-type: none"> Utilize basic defensive strategy while participating in individual sports 	Performance
	<ul style="list-style-type: none"> Utilize basic defensive strategy while participating in dual sports 	Performance
	<ul style="list-style-type: none"> Utilize basic defensive strategy while participating in team sports 	Performance
PE.8.2.01	demonstrate various motor skills that increase physical activity participation and performance	Performance
Power Standard: Students will learn to participate safely in non-competitive lifetime physical activities.		
PE.8.1.02	implement basic techniques and safety procedures while participating in non-competitive lifetime physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).	
	<ul style="list-style-type: none"> implement basic techniques while participating in non-competitive lifetime physical activity 	Reasoning
	<ul style="list-style-type: none"> implement basic safety procedures while participating in non-competitive lifetime physical activity 	Reasoning
PE.8.1.03	perform a variety of dances (e.g., square, line and social).	Performance
Power Standard: None		
PE.8.2.02	identify characteristics of skilled performance (e.g., rubric, self/peer assessment).	Knowledge
Power Standard: Students will understand the benefits of physical activity and implement a plan to participate in physical activity.		
PE.8.3.01	explain the benefits of physical activity (e.g., heart health, weight control).	Reasoning
PE.8.3.02	develop and implement a personal physical activity plan (e.g., where, when, cost, equipment, procedures).	
	<ul style="list-style-type: none"> develop a personal physical activity plan 	Reasoning

	<ul style="list-style-type: none"> Implement a personal physical activity plan 	Performance
Power Standard: Students will perform at appropriate standards on FITNESSGRAM and assess personal fitness with a gradual increase.		
PE.8.4.01	perform at gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.	
	<ul style="list-style-type: none"> perform at gender appropriate health-related fitness standards defined in FITNESSGRAM. 	Performance
	<ul style="list-style-type: none"> perform at age-appropriate health-related fitness standards defined in FITNESSGRAM. 	Reasoning
PE.8.4.02	apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program.	
	<ul style="list-style-type: none"> apply knowledge of progression in the development of a personal fitness program. 	Reasoning
	<ul style="list-style-type: none"> apply knowledge of overload in the development of a personal fitness program. 	Reasoning
PE.8.4.03	assess personal fitness related to the five components of fitness (e.g., cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility) and participate in activities to improve specific fitness components.	
	<ul style="list-style-type: none"> assess personal fitness related to the five components of fitness 	Reasoning
	<ul style="list-style-type: none"> participate in activities to improve specific fitness components. 	Performance
Power Standard: Participate appropriately in physical activities with others.		
PE.8.5.01	demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (e.g., sportsmanship, fair play, use of safety equipment-goggles, helmets).	
	<ul style="list-style-type: none"> Demonstrate appropriate behaviors in physical activity setting including proper rules 	Performance
	<ul style="list-style-type: none"> Demonstrate appropriate behaviors in physical activity setting including etiquette 	Performance
	<ul style="list-style-type: none"> Demonstrate appropriate behaviors in physical activity setting including safety 	Performance
	<ul style="list-style-type: none"> Demonstrate responsible behaviors in physical activity setting including proper rules 	Performance
	<ul style="list-style-type: none"> Demonstrate responsible behaviors in physical activity setting including etiquette 	Performance
	<ul style="list-style-type: none"> Demonstrate responsible behaviors in physical activity setting including safety 	Performance
PE.8.5.02	discuss situations that may lead to conflict and practice mediation skills (e.g., compromise, "I" messages).	
	<ul style="list-style-type: none"> discuss situations that may lead to conflict 	Reasoning
	<ul style="list-style-type: none"> practice mediation skills 	Reasoning

PE.8.5.03	recognize the affect peer pressure has on physical activity participation and performance.	
	<ul style="list-style-type: none">• recognize the affect peer pressure has on physical activity participation	Reasoning
	<ul style="list-style-type: none">• recognize the affect peer pressure has on physical activity performance	Reasoning