



Course Title: Eighth Grade PE		
Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.		
To pursue a lifetime of healthful physical activity, a physically literate individual:		
<ul style="list-style-type: none"> • Has learned the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthful lifestyle. 		
Reporting Topic	Grade Level Standards	Competency Statement
Motor Skill and Movement Patterns	<ul style="list-style-type: none"> • Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. (S1.M1.8) • Passes and receives with hands in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as basketball, flag football, speedball or team handball. (S1.M4.8) • Executes consistently (at least 70 percent of the time) a legal underhand serve for distance and accuracy for net and wall games such as badminton, volleyball or pickleball. (S1.M12.8) • Performs a variety of swimming skills based on the student's skill level. (S1.M23.8) • Demonstrates correct technique for basic skills in at least 2 self-selected individual-performance activities. (S1.M24.8) 	Students will: <ul style="list-style-type: none"> • Learn different dance forms • Learn techniques for games such as basketball, flag football, or team handball • Use underhand serve techniques in volleyball, badminton, or pickleball • Perform swimming skills • Demonstrate techniques in an individual performance activity.
Implement	<ul style="list-style-type: none"> • Opens and closes space during small-sided game play by combining locomotor movements with movement concepts. (S2.M1.8) • Executes at least 1 of the following offensive tactics to create open space: moves to open space without the ball; uses a variety of passes, pivots and fakes; give and go. (S2.M2.8) • Creates open space in net or wall games with either a long- or short- handled implement by 	Students will: <ul style="list-style-type: none"> • Use techniques and strategy in order to participate in activities effectively.



<u>Strategy During Activities</u>	varying force or direction, or by moving opponent from side to side and/or forward and back. (S2.M7.8)	
<u>Fitness Knowledge</u>	<ul style="list-style-type: none">• Uses available technology to self- monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. (S3.M8.8)	Students will: <ul style="list-style-type: none">• Use available technology to self monitor exercise
<u>Responsible Personal and Social Behavior</u>	<ul style="list-style-type: none">• Accepts responsibility for improving one’s own levels of physical activity and fitness. (S4.M1.8)• Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play. (S4.M5.8)• Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity. (S4.M7.8)	Students will: <ul style="list-style-type: none">• Exhibit personal responsibility• Accepts differences among classmates• Use equipment appropriately