Alabama Physical Education

Grade 8

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.8.1

A 1.1 Locomotor: _Dance and rhythms_ PE19.8.1.A

1 Create a movement sequence to music as an individual or in a group to display command of rhythm and timing. PE19.8.1.1

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, break the dance steps/ movements down into small parts, review/practice, peer assistance and modeling PE19.8.1.1.APE

B 1.2 Manipulative: _Throwing_ PE19.8.1.B

2 Throw using the proper form for distance or power appropriate to the activity during small-sided game play. PE19.8.1.2

APE ___APE accommodation suggestions:___ Provide a variety of sizes, shapes, textures, and inflation levels of objects to make throwing more successful; use ball launchers. PE19.8.1.2.APE

C 1.3 Manipulative: _Catching_ PE19.8.1.C

3 Catch using an implement in a dynamic environment or modified game play. PE19.8.1.3

APE ___APE accommodation suggestions:___ Decrease distance ball is tossed, rolled or bounced; provide students the opportunity to catch an object using a bucket or a basket. Good objects to use for catching: stuffed animal, beach ball, scarf, deflated ball, foam ball, fleece ball, balloon (be aware of latex allergies). PE19.8.1.3.APE

D 1.4 Manipulative: _Passing and receiving_ PE19.8.1.D

4 Pass and receive using an implement in combination with locomotor patterns, change of direction, speed and/or level, with proficiency. PE19.8.1.4

APE ___APE accommodation suggestions:___ Use a larger ball or slightly deflated ball. PE19.8.1.4.APE

E 1.5 Manipulative: _Offensive skills_ PE19.8.1.E

5 Execute a variety of offensive skills during modified game play. PE19.8.1.5

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.8.1.5.APE

.6 Manipulative: _Dribbling and ball control_ PE19.8.1.F

Skip to main content

6 Dribble with dominant and non-dominant hand, foot, or implement while changing speed and/or direction in modified game play. PE19.8.1.6

APE ___APE accommodation suggestions:___ Use a larger ball or slightly deflated ball. PE19.8.1.6.APE

G 1.7 Manipulative: _Shooting on goal_ PE19.8.1.G

7 Shoot on a goal with accuracy and power in modified game play. PE19.8.1.7

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.8.1.7.APE

H 1.8 Manipulative Skills: _Defensive skills_ PE19.8.1.H

8 Utilize appropriate defensive strategies during modified game play. PE19.8.1.8

APE ___APE accommodation suggestions:___ Peer assistance; verbal cues; modeling PE19.8.1.8.APE

I 1.9 Manipulative Skills: _Serving_ PE19.8.1.I

9 Execute a proper serve for distance and accuracy for net and wall games in modified game play. PE19.8.1.9

APE ___APE accommodation suggestions:___ Use larger ball, smaller or shorter net, bigger target. Hand over hand assistance and modeling. PE19.8.1.9.APE

J 1.10 Manipulative Skills: _Striking_ PE19.8.1.J

10 Strike with proper form in modified game play. PE19.8.1.10

APE ___APE accommodation suggestions:___ Use longer or shorter implements for student success in controlling the implement. PE19.8.1.10.APE

K 1.11 Manipulative Skills: _Volley_ PE19.8.1.K

11 Forehand- and backhand-volley with a mature form and control using a short- or long- handled implement during modified game play. PE19.8.1.11

APE ___APE accommodation suggestions:___ Use a balloon or beach ball; and reduce height of net or size of playing court. PE19.8.1.11.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.8.2

A 2.1 Movement Concepts: _Rules_ PE19.8.2.A

1 Apply the rules, techniques, and strategies for a variety of games and activities to play a modified game. PE19.8.2.1

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.8.2.1.APE

B 2.2 Movement Concepts: _Sporting behavior_ PE19.8.2.B

Skip to main content

2 Apply appropriate sporting behavior and etiquette in a modified game. PE19.8.2.2

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.8.2.2.APE

C 2.3 Movement Concepts: _Safety_ PE19.8.2.C

3 Apply appropriate safety behaviors in a modified game. PE19.8.2.3

APE ___APE accommodation suggestions:___ Make accommodations in the areas of rules, sporting behavior, and safety for the student to participate in the activity. PE19.8.2.3.APE

D 2.4 Movement Concepts: _Creating space_ PE19.8.2.D

4 Open and close space during modified game play by combining locomotor movements with movement concepts. PE19.8.2.4

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.4.APE

E 2.5 Movement Concepts: _Transitions_ PE19.8.2.E

5 Analyze and critique effective transitions and anticipation of opponent's strategy by recovering quickly, communicating with teammates, and capitalizing on an advantage. PE19.8.2.5

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.5.APE

F 2.6 Movement Concepts: _Offensive strategies_ PE19.8.2.F

6 Apply the skills or strategies necessary to score in modified game play. PE19.8.2.6

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.6.APE

G 2.7 Movement Concepts: _Defensive strategies_ PE19.8.2.G

7 Apply the skills or strategies necessary to prevent the opponent from scoring in a game situation. PE19.8.2.7

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.7.APE

H 2.8 Movement Concepts: _Speed, direction, force_ PE19.8.2.H

8 Identify and apply Newton's laws of motion to various physical activities. PE19.8.2.8

APE ___APE accommodation suggestions:___ Hand over hand; hand to hand; verbal prompting; directional poly spots PE19.8.2.8.APE

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Skip to main content

.1 Physical Activity and Fitness: _Physical activity knowledge_ PE19.8.3.A

literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.8.3

1 Develop a plan to address one possible barrier to maintaining a physically active lifestyle within the family, school, or community. PE19.8.3.1

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.1.APE

B 3.2 Physical Activity and Fitness: _In classroom setting_ PE19.8.3.B

2 Analyze the differences between moderate and vigorous activities. PE19.8.3.2

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.2.APE

C 3.3 Physical Activity and Fitness: _In non-school settings_ PE19.8.3.C

3 Create a plan for physical activity outside class, based on options available in the community. PE19.8.3.3

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.3.APE

D 3.4 Physical Activity and Fitness: _Incorporating technology_ PE19.8.3.D

4 Determine the benefits of using available technology during physical activity. PE19.8.3.4

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.4.APE

E 3.5 Physical Activity and Fitness: _Fitness knowledge_ PE19.8.3.E

5 Analyze the benefits of health-related and skill-related fitness components. PE19.8.3.5

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.5.APE

F 3.6 Physical Activity and Fitness: _Fitness knowledge_ PE19.8.3.F

6 Use available technology to evaluate the quantity of individual exercise needed for optimal functioning. PE19.8.3.6

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.6.APE

Skip to main content

G **3.7 Physical Activity and Fitness: _Engagement in physical activity_** PE19.8.3.G

7 Design and apply a warm-up and cool-down routine for physical activity. PE19.8.3.7

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.7.APE

H **3.8 Physical Activity and Fitness: _Fitness knowledge_** PE19.8.3.H

8 Use the overload principle in preparing a personal workout. PE19.8.3.8

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.8.APE

I **3.9 Physical Activity and Fitness: _Fitness knowledge_** PE19.8.3.I

9 Apply concepts of physical fitness to adjust physical activity intensity. PE19.8.3.9

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.9.APE

J **3.10 Physical Activity and Fitness: _Fitness knowledge_** PE19.8.3.J

10 Explain how body systems interact with one another during physical activity. PE19.8.3.10

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.10.APE

K **3.11 Physical Activity and Fitness: _Assessment and program planning_** PE19.8.3.K

11 Utilize one method of tracking fitness and nutrition. PE19.8.3.11

APE ___APE accommodation suggestions:___ Provide information in alternate formats (words or pictures); provide instruction that allows for different learning styles (auditory, visual, and kinesthetic); use visual aids, prompts, and cues. PE19.8.3.11.APE

Skip to main content

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.8.4

A 4.1 Personal and Social Behavior: _Personal responsibility_ PE19.8.4.A

1 Demonstrate appropriate methods of conflict resolution and respond in personally and socially responsible ways. PE19.8.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting; peer assistance to model proper personal and social behaviors PE19.8.4.1.APE

B 4.2 Personal and Social Behavior: _Personal responsibility_ PE19.8.4.B

2 Use effective self-monitoring skills to incorporate opportunities for physical literacy. PE19.8.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.2.APE

C 4.3 Personal and Social Behavior: _Accepting feedback_ PE19.8.4.C

3 Create an encouraging classroom environment by providing constructive feedback to peers without prompting from the teacher. PE19.8.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.3.APE

D 4.4 Personal and Social Behavior: _Working with others_ PE19.8.4.D

4 Respond appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts. PE19.8.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.4.APE

E 4.5 Personal and Social Behavior: _Working with others_ PE19.8.4.E

5 Collaborate with classmates on problem-solving initiatives during large-group activities and game play. PE19.8.4.5

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.5.APE

F 4.6 Personal and Social Behavior: _Rules and etiquette_ PE19.8.4.F

6 Apply rules and etiquette for a variety of physical activities, fitness exercises, and games. PE19.8.4.6

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.6.APE

I.7 Personal and Social Behavior: _Safety_ PE19.8.4.G

Skip to main content

7 Independently use equipment appropriately and identify specific safety concerns to prevent injuries. PE19.8.4.7

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.8.4.7.APE

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.8.5

A 5.1 Values Physical Activity: _Health_ PE19.8.5.A

1 Analyze the empowering consequences of being physically active. PE19.8.5.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.8.5.1.APE

B 5.2 Values Physical Activity: _Challenge_ PE19.8.5.B

2 Apply recently learned strategies to develop a plan of action and make appropriate decisions based on those concepts when faced with an individual challenge. PE19.8.5.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.8.5.2.APE

C 5.3 Values Physical Activity: _Self-expression & enjoyment_ PE19.8.5.C

3 Participate in an enjoyable activity that prompts individual self-expression. PE19.8.5.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.8.5.3.APE

D 5.4 Values Physical Activity: _Social interaction_ PE19.8.5.D

4 Exhibit self-respect when asking for help or helping others in various physical activities without prompting. PE19.8.5.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.8.5.4.APE