Physical Education (2010): Grade 8

Adopted 2010

Demonstrate competency in motor and movement skills needed to perform a variety of physical activities.	1. **Demonstrate competent skills for participation in modified team activities (e.g., basketball, volleyball, softball, ultimate Frisbee).** 2. **Demonstrate competent skills for participation in individual and dual activities (golf, Frisbee, bowling, racquet/paddle sports, Native Youth Olympics games)** 3. **Demonstrate competent skills for participation in non-competitive individual activities (e.g., weight training/resistance training, swimming, exercise).** 4. **Demonstrate competency for participation in rhythmic activities (e.g., social, folk, Native dances).** 5. **Demonstrate competency for participation in adventure/outdoor activities (e.g., orienteering, snowshoeing, skating).** 6. **Explore Alaskan cultural physical activities (e.g., Native Youth Olympics games and dances).**
Apply movement concepts to the learning and performance of physical activities.	1. **Identify critical elements of skill for selected movement forms.** 2. **Detect and correct errors in personal performance in a variety of activities.** 3. **Explain at least two game tactics involved in playing team, dual, and individual activities.** 4. **Use offensive and defensive strategies while participating in modified team, individual and dual sports.** 5. **Design a game that incorporates skills and tactics that can be played by all students.** 6. **Implement strategies and safety procedures for success while participating in physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).**

Skip to main content

Identify major muscle groups utilized in a variety of movements.

Participate regularly in physical activity.	1. **Recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle.** 2. **Set SMART goals, (specific, measurable, attainable, realistic, time sensitive) for participation in activities of own choosing.** 3. **Maintain a physical activity log for a designated period of time (e.g., weight training charts, steps during the day, time engaged in physical activity).** 4. **Use current technology (e.g., pedometers, Wii Fitness, Dance-Dance-Revolution) to monitor physical activity to meet personal goals.** 5. **Identify local, state, national, and international fitness and recreational organizations (e.g., YMCA, United States Cycling Federation, Special Olympics Alaska, Challenge Alaska, and Alpine Alternatives, CITC, BOYS AND GIRLS CLUBS).** 2. **Maintain an outside-of-class physical activity journal based upon units of study.**
Apply fitness concepts to achieve and maintain a health-enhancing level of personal fitness.	1. **Monitor heart rate before, during, and after various intensity levels of physical activity.** 2. **Compare the fitness benefits of a variety of activities.** 3. **Improve and achieve age appropriate fitness standards defined in a selected program (e.g., Fitnessgram, Brockport, President's Fitness Test).** 4. **Demonstrate personal fitness by participating in activities to improve specific fitness components (cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility).** 5. **Formulate meaningful personal fitness SMART goals based on the results of fitness testing.**
Exhibit personal and social behavior that respects self and others in physical activity settings.	1. **Demonstrate appropriate behavior in physical activity settings.** 2. **Demonstrate concern for safety of self and others during games and activities.** 3. **Demonstrate self-control and sportsmanship/etiquette during games and activities (e.g., accepting controversial decisions).** 4. **Accommodate individual differences. (e.g., ability levels, gender, ethnicity, disability among people, and physical activities of a variety of actions, culture, and ethnic origins).**
Value physical activity for health, enjoyment, ch[illegible] ex[illegible] so[illegible]	1. **Identify several reasons why participation in physical activities is enjoyable and desirable.** **Reflect on reasons for choosing to participate in selected physical activities (e.g., health, challenge, self-expression, social interaction, personal goal).**

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3. **Enjoy working alone or with others in a sport or physical activity to achieve a goal.**