Arizona Physical Education

Grade 8

Adopted 2015

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- **a.** **Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group.** S1.M1.8.A
- **a.** **Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play.** S1.M2.8.A
- **a.** **Catches using an implement in a dynamic environment or modified game play.** S1.M3.8.A
- **a.** **Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed, and/or level with competency in modified invasion games, such as lacrosse or hockey.** S1.M4.8.A
- **a.** **Throws a lead pass to a moving target off a dribble or pass with hands, feet, or an implement.** S1.M5.8.A
- **a.** **Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, and/or screens.** S1.M6.8.A
- **a.** **Executes the following offensive skills during small-sided game play: pivots, give and go, and fakes.** S1.M7.8.A
- **a.** **Dribbles with dominant and non-dominant hand using a change of speed and direction in small-sided game play.** S1.M8.8.A
- **a.** **Foot dribbles or dribbles with an implement with control changing speed and direction during small-sided game play.** S1.M9.8.A
- **a.** **Shots on goal with power and accuracy during small-sided game play.** S1.M10.8.A
- **a.** **Maintains defensive ready position appropriate to the sport in a small-sided invasion game.** S1.M11.8.A
- **a.** **Executes consistently (at least 70%of the time) a legal underhand serve for distance and accuracy for net/wall games such as badminton, volleyball, pickleball.** S1.M12.8.A
- **a.** **Strikes, with a mature overarm pattern, in a modified game for one of the following net/wall games; volleyball, handball, badminton, tennis, pickleball, spikeball, etc.** S1.M13.8.A

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	a. Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton, or paddle ball. S1.M14.8.A
	a. Transfers weight with correct timing using low to high striking pattern with a short- or long-handed implement on the forehand or backhand side. S1.M15.8.A
	a. Forehand and backhand volleys with a mature form and control using a short-handed implement during modified game play. S1.M16.8.A
	a. Two-handed volleys with control in a small-sided game. S1.M17.8.A
	a. Performs consistently (70% of the time) a mature underhand pattern with accuracy and control for target games such as bowling or bocce. S1.M18.8.A
	a. Strikes, with an implement, a stationary object for accuracy, distance, and power in such activities as croquet, shuffleboard or golf. S1.M19.8.A
	a. Strikes pitched ball with an implement for power to open space in a variety of small-sided games. S1.M20.8.A
	a. Catches, with or without an implement, from different trajectories and speeds in a dynamic environment or modified game play. S1.M21.8.A
	a. Demonstrates correct technique for basic skills on at least 2 self-selected outdoor activities. S1.M22.8.A
	a. Preferably taught at elementary or secondary levels. However, availability of facilities might dictate when swimming and water safety are offered in the curriculum. S1.M23.6-8.A
	a. Demonstrates correct technique for basic skills in at least 2 self-selected individual performance activities. S1.M24.8.A
The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	a. Opens and closes space during small-sided game play by combining locomotor movements with movement concepts. S2.M1.8.A
	a. Executes at least 3 of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes, and pathways, and give and go. S2.M2.8.A
	a. Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball. S2.M3.8.A
	a. Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance between you and your opponent (3rd party perspective). S2.M4.8.A

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	a. Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection. S2.M5.8.A
	a. Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on the advantage. S2.M6.8.A
	a. Creates open space in net/wall games with a long- or short-handled implement by varying force or direction or by, moving opponent side to side and/or forward and back. S2.M7.8.A
	a. Varies placement, force, and timing of return to prevent anticipation by opponent. S2.M8.8.A
	a. Varies the speed, force and trajectory of the shot based on location of the object in relation to the target. S2.M9.8.A
	a. Identifies sacrifice situations and attempts to advance a teammate. S2.M10.8.A
	a. Reduces open spaces in the field by working with teammates to maximize coverage. S2.M11.8.A
	a. Describes and applies the mechanical principles for a variety of movement patterns. S2.M12.8.A
	a. Implements safe protocols in self-selected outdoor activities. S2.M13.8.A
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	a. Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains the connections between fitness and overall physical and mental health. S3.M1.8.A
	a. Values participation in physical activity three times a week outside of physical education class. S3.M2.8.A
	a. Values participation in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. S3.M3.8.A
	a. Plans and implements a program which may include the use of technology, aerobic, strength and endurance, and flexibility. S3.M4.8.A
	a. Values participation in a variety of self-selected lifetime activities outside of the school day. E.g. Recreational team sports, outdoor pursuits, martial arts, aquatic activities, dance, etc. S3.M5.8.A
	a. Values participation in moderate to vigorous aerobic and/or muscle and bone-strengthening physical activity at least 60 minutes per day at least three times a week. S3.M6.8.A

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	a. Compares and contrasts health- and skill-related fitness components. S3.M7.8.A
	a. Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based current fitness level. S3.M8.8.A
	a. Describes, demonstrates, and employs a variety of appropriate static stretching techniques for all major muscle groups. S3.M9.8.A
	a. Describes the role of a variety of fitness-related concepts. E.g. Aerobic and anaerobic capacity, muscular strength and endurance, nutrition and weight management, flexibility and injury prevention. S3.M10.8.A
	a. Uses the overload principle (FITT formula) in preparing a personal workout. S3.M11.8.A
	a. Designs and implements a warm up/cool down regimen for a self-selected physical activity. S3.M12.8.A
	a. Defines resting heart rate and how the RPE scale can be used to adjust workout intensity during physical activity. S3.M13.8.A
	a. Explains how body systems interact with each other (e.g. Blood transports nutrients from the respiratory system during physical activity). S3.M14.8.A
	a. Designs and implements a program of remediation for 3 areas of weakness based on the results of health-related fitness assessment. S3.M15.8.A
	a. Designs and implements a program to improve levels of health related fitness and nutrition. S3.M16.8.A
	a. Describe the relationship between poor nutrition and health risk factors. S3.M17.8.A
	a. Demonstrates basic movements used in other stress reducing activities such as yoga, tai chi, and deep breathing. S3.M18.8.A
The physically literate individual exhibits responsible personal and social behavior that respects self and others.	a. Accepts responsibility for individual improvement of levels of physical activity and fitness (physical, emotional, and social). S4.M1.8.A
	a. Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school. S4.M2.8.A
	a. Provides encouragement and corrective feedback to peers without prompting from the teacher. S4.M3.8.A
	a. Responds appropriately to ethical and unethical behavior of participants during physical activity by using the rules and guidelines for conflict resolution. S4.M4.8.A

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	b. Accepts differences among classmates in physical development, maturation, and varying skill levels by providing encouragement and positive feedback. S4.M4.8.B
	a. Cooperates with multiple classmates on problem solving initiatives including adventure activities, large group initiatives, and game play. S4.M5.8.A
	a. Applies rules and fair play by acting as an official for modified physical activities, games and/or creating dance routines within a given set of parameters. S4.M6.8.A
	a. Independently uses physical activity and fitness equipment appropriately and identifies specific safety concerns associated with the activity. S4.M7.8.A
	a. Applies sun safe practices. S4.M8.6-8.A
	b. Applies water safety practices. S4.M8.6-8.B
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**a.** Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, CV endurance, and body composition) and explains the connections between fitness and overall physical and mental health. S5.M1.8.A
	a. Analyzes the empowering consequences of being physically active. S5.M2.8.A
	a. Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. S5.M3.8.A
	a. Discusses how enjoyment could be increased in self-selected physical activities. S5.M4.8.A
	a. Identifies and participates in an enjoyable activity that prompts individual self-expression. S5.M5.8.A
	a. Demonstrates respect for self and others by asking for help and helping others, following the rules, playing in the spirit of the game, encouraging others, and providing support to classmates in various physical activities. S5.M6.8.A