Colorado Physical Education

Grade 8

Movement Competence and Understanding 8.1

1 **Demonstrate competency in a variety of motor skills and movement patterns.** 8.1.1

- a Use a variety of motor skill patterns to create a movement sequence. 8.1.1.A
- b Create and perform a timed routine using rotational, balancing, and supporting skills. 8.1.1.B
- c Create, develop, and refine movement sequence based on self-generated themes and self-selected music. 8.1.1.C
- d Integrate information from other subject matter into a movement activity or routine. 8.1.1.D
- e Identify the characteristics of a highly skilled performance for the purpose of improving one's own performance. 8.1.1.E
- f Analyze motor skills and movement patterns through a variety of skill assessments. 8.1.1.F

2 **Understand and apply game strategies to physical activities and sports.** 8.1.2

- a Diagram and demonstrate basic offensive, defensive skills and strategies in games and sports. 8.1.2.A
- b Apply locomotor, non-locomotor, and manipulative skills to games and sports. 8.1.2.B
- c Diagram, explain, and justify offensive and defensive strategies in net/wall, target, invasion, and fielding/run scoring games. 8.1.2.C
- d Develop and teach a game that incorporates designated offensive and defensive space, a penalty system, and a scoring system. 8.1.2.D

Physical and Personal Wellness 8.2

1 **Identify areas for growth and design personal goals utilizing assessment and program planning concepts.** 8.2.1

- a Plan and implement an extended personal physical fitness plan in collaboration with an instructor utilizing assessment data. 8.2.1.A
- b Design and implement a program of remediation for three areas of weakness based on the results of health-related fitness assessments. 8.2.1.B
- c Design and implement a program to improve levels of health-related fitness. 8.2.1.C
- d Maintain a physical activity for at least two weeks and reflect on activity levels as documented in the log. 8.2.1.D

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2 **Identify preferences for lifetime physical activity.** 8.2.2

- a Participate in a variety of recreational activities appropriate to a geographical area. 8.2.2.A
- b Match personal preferences in physical activities with each of the five components of health-related physical fitness (body composition, cardiovascular endurance, flexibility, muscular endurance, and muscular strength). 8.2.2.B

Social Emotional Wellness 8.3

1 **Recognize diverse skill performance in self and in others and how diversity affects activities, games, and sport participation.** 8.3.1

- a Acknowledge the performance of others, regardless of the outcome 8.3.1.A
- b Participate with others in all types of physical activity, regardless of their race or ethnicity, gender, or culture. 8.3.1.B
- c Practice conflict management and listening skills in a competitive atmosphere. 8.3.1.C
- d Respond appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts. 8.3.1.

Prevention and Risk Management 8.4

1 **Apply rules, procedures, and safe practices to create a safe school environment with no reinforcement.** 8.4.1

- a Maintain safety within personal space while using physical activity and fitness equipment. 8.4.1.A
- b Follow safety rules in the gymnasium and in other physical activity settings 8.4.1.B
- c Make appropriate decisions to ensure the safety of self and others during outdoor activities. 8.4.1.C
- d Independently use fitness equipment appropriately 8.4.1.D
- e Identify specific safety issues associated with all physical activities. 8.4.1.E
- f Identify and demonstrate best practices for safe participation in all physical activities. 8.4.1.F