Connecticut Physical Education

Grade 8

Students will demonstrate competency in a variety of motor skills and movement patterns. 1

Dance and Rhythms

S1.M1 Dance and Rhythms S1.M1

S1.M1.8 Demonstrates command of rhythm and timing by creating a movement sequence to music as an individual or in a group. S1.M1.8

Games and Sports: Invasion and Field Games

S1.M2 Throwing S1.M2

S1.M2.8 Demonstrates the ability to throw with a mature pattern for distance or power appropriate to the activity during small-sided game play. S1.M2.8

S1.M3 Catching S1.M3

S1.M3.8a Demonstrates the ability to catch with a mature pattern from a variety of trajectories using different objects in small-sided game play. S1.M3.8A

S1.M3.8b. Demonstrates catching using an implement in a dynamic environment or modified game play. S1.M3.8B.

Games and Sport: Invasion Games

S1.M4 Passing and Receiving S1.M4

S1.M4.8a Demonstrates the ability to throw a lead pass with an implement, to a moving receiver, while stationary. S1.M4.8A

S1.M4.8b Demonstrates the ability to throw, with an implement, a leading pass to a moving receiver. while moving. S1.M4.8B

S1.M4.8c Demonstrates the ability to pass and receive with an implement in combination with locomotor patterns of running and change of direction, speed and/or level with competency in invasion games such as lacrosse or hockey (floor, field, or ice). S1.M4.8C

S1.M4.8d Demonstrates the ability to throw, with an implement, a lead pass to a moving partner off a dribble or pass. S1.M4.8D

S1.M5 Offensive Skills S1.M5

S1.M5.8a Demonstrates at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens. S1.M5.8A

S1.M5.8b Demonstrates the following offensive skills during small-sided game play: pivot, give and go, and fakes. S1.M5.8B

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S1.M6 Dribbling/Ball Control S1.M6

S1.M6.8a Demonstrates the ability to dribble with an implement combined with passing in a variety of practice tasks. S1.M6.8A

S1.M6.8b Demonstrates the ability to dribble using an implement with a change of speed and direction in small-sided game play. S1.M6.8B

S1.M6.8c Demonstrates the ability to dribble with an implement with control, changing speed and direction during small-sided game play. S1.M6.8C

S1.M7 Shooting on Goal S1.M7

S1.M7.8 Demonstrates the ability to shoot on goal with a long-handled implement for power and accuracy in modified invasion games such as hockey (floor, field, ice) or lacrosse. S1.M7.8

S1.M8 Defensive Skills S1.M8

S1.M8.8 Demonstrates the ability to drop-step in the direction of the pass during player-to-player defense. S1.M8.8

Games and Sports: Net/Wall Games

S1.M9 Serving S1.M9

S1.M9.8 Demonstrates 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.M9.8

S1.M10 Striking S1.M10

S1.M10.8 Demonstrates the ability to strike with a mature overhand pattern in a modified net/wall game such as volleyball, handball, badminton, or tennis. S1.M10.8

S1.M11 Weight Transfer S1.M11

S1.M11.8 Demonstrates the ability to transfer weight with correct timing using low to high striking pattern with a long-handled implement on the forehand and backhand sides. S1.M11.8

S1.M12 Forehand and Backhand S1.M12

S1.M12.8 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.M12.8

S1.M13 Volleying S1.M13

S1.M13.8 Demonstrates the two-hand volley with control in a small-sided game. S1.M13.8

S1.M13.8b Demonstrates the ability to forehand and backhand-volley with a mature form and control using a short-handled implement during modified game play. S1.M13.8B

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Games and Sports: Target Games

S1.M14 Throwing Underhand S1.M14

S1.M14.8 Demonstrates consistently (70 percent of the time) a mature underhand pattern with accuracy and control for one target game such as bowling or bocce. S1.M14.8

S1.M15 Striking S1.M15

S1.M15.8 Demonstrates the ability to strike a stationary object with an implement, for accuracy, distance, and power in activities such as croquet, shuffleboard, and golf. S1.M15.8

Games and Sports: Fielding/Striking Games

S1.M16 Striking S1.M16

S1.M16.8 Demonstrates the ability to strike a pitched ball with an implement for power to open space in a variety of small-sided games. S1.M16.8

S1.M17 Catching S1.M17

S1.M17.8 Demonstrates the ability to catch, using an implement, from different trajectories and speeds in a dynamic environment or modified game play. S1.M17.8

Outdoor Activities

S1.M18 Outdoor Activities S1.M18

S1.M18.8 Demonstrates correct technique for a variety of skills in at least two selected outdoor activities. S1.M18.8

Individual Performance Activities

S1.M19 Individual Performance Activities S1.M19

S1.M19.8 Demonstrates correct technique for a variety of skills in at least two selected individual-performance activities. S1.M19.8

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Games and Sports: Invasion Games

S2.M1 Creating Space with Movement, Offensive Tactics, using Width and Length S2.M1

S2.M1.8a Opens and closes space during small-sided game play by combining locomotor movements with movement concepts. S2.M1.8A

S2.M1.8b Executes at least three 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; give and go. S2.M1.8B

S2.M1.8c Creates open space by staying spread on offense, cutting, and passing quickly, and using fakes off the ball. S2.M1.8C

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S2.M2 Reducing Space by Changing Size and Shape and Using Denial S2.M2

S2.M2.8a Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective). S2.M2.8A

S2.M2.8b Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. S2.M2.8B

S2.M3 Transitions S2.M3

S2.M3.8 Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. S2.M3.8

Games and Sports: Net/Wall Games

S2.M4 Creating Space through Variation S2.M4

S2.M4.8 Creates open space in net/wall games with either a long- or short-handled implement by varying force or direction, or by moving opponent from side to side and/or forward and back. S2.M4.8

S2.M5 Using Tactics and Shots S2.M5

S2.M5.8 Varies placement, force, and timing of return to prevent anticipation by opponent. S2.M5.8

Games and Sports: Target Games

S2.M6 Shot Selection S2.M6

S2.M6.8 Varies the speed, force and trajectory of the shot based on location of the object in relation to the target. S2.M6.8

Games and Sports: Fielding and Striking

S2.M7 Offensive Strategies S2.M7

S2.M7.8 Identifies sacrifice situations and attempts to advance a teammate. S2.M7.8

S2.M8 Reducing Space S2.M8

S2.M8.8 Reduces open spaces in the field by working with teammates to maximize coverage. S2.M8.8

Outdoor Activities

S2.M9 Movement Concepts S2.M9

S2.M9.8 Implements safe protocols in self-selected outdoor activities. S2.M9.8

Individual Performance Activities: Dance and Rhythms

S2.M10 Movement Concepts S2.M10

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S2.M10.8 Describes and applies mechanical advantage(s) for a variety of movement patterns. S2.M10.8

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Physical Activity Knowledge

S3.M1 Physical activity knowledge S3.M1

- S3.M1.8 Identifies the five components of health-related fitness and explains the connections between fitness and overall physical and mental health. S3.M1.8

Participates in Physical Activity

S3.M2 Participates in Physical Activity S3.M2

- S3.M2.8a Participates in a physical activity three times a week outside of physical education class. S3.M2.8A
- S3.M2.8b Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. S3.M2.8B
- S3.M2.8c Plans and implements a program of cross-training to include aerobic, strength and endurance, and flexibility training. S3.M2.8C
- S3.M2.8d Participates in a self-selected lifetime sport, dance, aquatic, or outdoor activity outside of the school day. S3.M2.8D
- S3.M2.8e Participates in moderate to vigorous aerobic and/or strengthening physical activity at least 60 min/day five times a week. S3.M2.8E

Fitness Knowledge

S3.M3 Fitness knowledge S3.M3

- S3.M3.8a Compares and contrasts health related fitness components and skill related fitness components. S3.M3.8A
- S3.M3.8b 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.M3.8B
- S3.M3.8c Employs a variety of appropriate static stretching techniques for all major muscle groups. S3.M3.8C
- S3.M3.8d Describes the role of flexibility in injury prevention. S3.M3.8D
- S3.M3.8e Uses the overload principle (FITT formula) in preparing a personal workout. S3.M3.8E
- S3.M3.8f Designs and implements a warm-up and cool-down regimen for a self-selected physical activity. S3.M3.8F
- S3.M3.8g Describes how the RPE scale can be used to adjust workout intensity during physical activity. S3.M3.8G
- S3.M3.8h Explains how body systems interact with one another (e.g., blood transports nutrients from the digestive system, oxygen from the respiratory system) during physical activity. S3.M3.8H

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ssessment and Program Planning

S3.M4 Assessment and Program Planning S3.M4

S3.M4.8a Designs and implements a program of remediation, maintenance and challenge based on the results of health-related fitness assessment. S3.M4.8A

S3.M4.8b Designs and implements a program to improve levels of health-related fitness and nutrition. S3.M4.8B

Nutrition

S3.M5 Nutrition S3.M5

S3.M5.8 Demonstrates the ability to describe the relationship between poor nutrition and health risk factors. S3.M5.8

Stress Management

S3.M6 Stress Management S3.M6

S3.M6.8 Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi. S3.M6.8

Students will exhibit responsible personal and social behavior that respects self and others. 4

Personal Responsibility

S4.M1 Personal Responsibility S4.M1

S4.M1.8a Demonstrates the ability to accept responsibility for improving one's personal social behaviors and those of others. S4.M1.8A

S4.M1.8b Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school. S4.M1.8B

Accepting Feedback

S4.M2 Accepting Feedback S4.M2

S4.M2.8 Demonstrates the ability to provide encouragement and feedback to peers without prompting from the teacher. S4.M2.8

Working with Others

S4.M3 Rules and Etiquette S4.M3

S4.M3.8a Demonstrates the ability to respond appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts. S4.M3.8A

S4.M3.8b Demonstrates the ability to cooperate with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives, and game play. S4.M3.8B

Rules and Etiquette

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S4.M4 Rules and Etiquette S4.M4

S4.M4.8 Demonstrates the ability to apply rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters. S4.M4.8

Safety

S4.M5 Safety S4.M5

S4.M5.8 Demonstrates the ability to independently use equipment appropriately and identifies specific safety concerns associated with the activity. S4.M5.8

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 5

Health

S5.M1 Health S5.M1

S5.M1.8a Demonstrates the ability to identify the five components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, and body composition) and explain the connections between fitness and overall physical and mental health. S5.M1.8A

S5.M1.8b Demonstrates the ability to analyze the empowering consequences of being physically active. S5.M1.8B

Challenge

S5.M2 Challenge S5.M2

S5.M2.8 Demonstrates the ability to develop a plan of action and make appropriate decisions based on that plan when faced with an individual challenge. S5.M2.8

Self-Expression and Enjoyment

S5.M3 Self-Expression and Enjoyment S5.M3

S5.M3.8a Demonstrates the ability to discuss how enjoyment could be increased in self-selected physical activities. S5.M3.8A

S5.M3.8b Demonstrates the ability to identify and participate in an enjoyable activity that prompts individual self-expression. S5.M3.8B

Social Interaction

S5.M4 Social Interaction S5.M4

S5.M4.8 Demonstrates respect for self by asking for help and helping others in various physical activities. S5.M4.8