Florida Physical Education

Grade 8

Adopted 2013

Movement Competency

1 Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.

1. Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports. PE.8.M.1.1
2. Demonstrate critical elements when striking with an object or implement. PE.8.M.1.2
3. Demonstrate body management for successful participation in a variety of modified games and activities. PE.8.M.1.3
4. Apply principles of biomechanics necessary for safe and successful performance. PE.8.M.1.4
5. Demonstrate appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking. PE.8.M.1.5
6. Demonstrate offensive, defensive and transition strategies and tactics. PE.8.M.1.6
7. Apply skill-related components of balance, reaction time, agility, coordination, power and speed to enhance performance levels. PE.8.M.1.7
8. Apply technology to evaluate, monitor and improve individual motor skills. PE.8.M.1.8
9. Select and utilize appropriate safety equipment. PE.8.M.1.9

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Demonstrate motor skills for a variety of individual/dual and extreme/alternative sports. PE.8.M.1.IN.A

b. Demonstrate selected critical elements when striking with an object or implement. PE.8.M.1.IN.B

c. Demonstrate body management for successful participation in modified games and activities. PE.8.M.1.IN.C

d. Demonstrate principles of bio-mechanics necessary for safe and successful performance in activities. PE.8.M.1.IN.D

e. Use appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking. PE.8.M.1.IN.E

f. Demonstrate offensive and defensive strategies and use guided transition strategies. PE.8.M.1.IN.F

g. Demonstrate skill-related components of balance, reaction time, agility, coordination, power and speed to enhance performance levels. PE.8.M.1.IN.G

h. Apply technology to develop, monitor and improve individual motor skills. PE.8.M.1.IN.H

i. Select and utilize basic safety equipment. PE.8.M.1.IN.I

Supported

b. Use selected critical elements when striking with a modified object or implement. PE.8.M.1.SU.B

c. Demonstrate body management for successful participation in selected modified games. PE.8.M.1.SU.C

d. Demonstrate at least one principle of bio-mechanics necessary for safe and successful performance in a variety of activities. PE.8.M.1.SU.D

e. Perform actions with appropriate speed and force when distance running, throwing, jumping, striking or kicking. PE.8.M.1.SU.E

f. Demonstrate modified offensive and defensive strategies and use guided transition strategies. PE.8.M.1.SU.F

g. Demonstrate skill-related components of balance, reaction time, agility, power and speed to enhance performance levels. PE.8.M.1.SU.G

h. Apply technology to monitor and improve individual motor skills. PE.8.M.1.SU.H

i. Utilize basic safety equipment. PE.8.M.1.SU.I

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Participatory

a. Perform movement skills for a variety of modified individual/dual or extreme/alternative sports. PE.8.M.1.PA.A

b. Perform a striking movement with a modified object or implement. PE.8.M.1.PA.B

c. Demonstrate body management for successful participation in a selected modified game or activity. PE.8.M.1.PA.C

d. Demonstrate safe and successful movements in activities. PE.8.M.1.PA.D

e. Perform selected actions with appropriate speed and force when distance running, throwing, jumping, striking or kicking. PE.8.M.1.PA.E

f. Perform modified offensive and defensive movements and guided transition strategies. PE.8.M.1.PA.F

g. Demonstrate a selected skill-related component of balance, reaction time, agility, power or speed to enhance performance levels. PE.8.M.1.PA.G

h. Apply technology to improve individual movement skills. PE.8.M.1.PA.H

i. Utilize selected safety equipment. PE.8.M.1.PA.I

Cognitive Abilities

2 **Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.**

1. Identify basic rules for individual/dual sports. PE.8.C.2.1
2. Identify basic rules for alternative/extreme sports activities. PE.8.C.2.2
3. Explain basic offensive and defensive strategies in individual/dual sports. PE.8.C.2.3
4. Explain basic offensive and defensive strategies in alternative/extreme sports activities. PE.8.C.2.4
5. Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors. PE.8.C.2.5
6. Identify the critical elements for successful performance in a variety of sport skills or physical activities. PE.8.C.2.6
7. List specific safety procedures and equipment necessary for a variety of sport skills and physical activities. PE.8.C.2.7
8. Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities. PE.8.C.2.8

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Recognize basic rules for individual/dual sports, such as setting up to start, consequences for violating rules and keeping accurate score. PE.8.C.2.IN.A

b. Recognize basic rules for alternative/extreme sports activities. PE.8.C.2.IN.B

c. Describe basic offensive and defensive strategies in individual/dual sports. PE.8.C.2.IN.C

d. Identify basic offensive and defensive strategies in alternative/extreme sports activities. PE.8.C.2.IN.D

e. Provide feedback on skill patterns of self or partner to detect and correct mechanical errors. PE.8.C.2.IN.E

f. Recognize the critical elements for successful performance in a variety of sport skills or physical activities. PE.8.C.2.IN.F

g. Identify specific safety procedures and equipment necessary for a variety of sports and physical activities. PE.8.C.2.IN.G

h. Identify movement skills and strategies used in different physical activities, such as volleyball or tennis serve, surfing and skate boarding. PE.8.C.2.IN.H

Supported

a. Recognize basic rules for selected individual/dual sports, such as setting up to start, consequences for violating rules and keeping accurate score. PE.8.C.2.SU.A

b. Recognize basic safety measures for alternative/extreme sports activities. PE.8.C.2.SU.B

c. Identify basic offensive and defensive strategies in individual/dual sports. PE.8.C.2.SU.C

d. Recognize basic offensive and defensive strategies in alternative/extreme sports activities. PE.8.C.2.SU.D

e. Use feedback on skill patterns of both self and partner to correct mechanical errors. PE.8.C.2.SU.E

f. Recognize selected critical elements for successful performance in a variety of sport skills or physical activities. PE.8.C.2.SU.F

g. Recognize specific safety procedures and equipment necessary for a variety of sports and physical activities. PE.8.C.2.SU.G

h. Recognize movement skills and strategies used in different physical activities, such as volleyball or tennis serve, surfing and skate boarding. PE.8.C.2.SU.H

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Participatory

a. Recognize a basic rule for selected individual/dual sports. PE.8.C.2.PA.A

b. Recognize a basic safety measure for alternative/extreme sports activities. PE.8.C.2.PA.B

c. Recognize basic offensive and defensive tactics in modified individual/dual sports. PE.8.C.2.PA.C

d. Recognize a basic offensive and defensive strategy in a selected alternative/extreme sports activity. PE.8.C.2.PA.D

e. Use feedback on skill patterns of self to correct mechanical errors. PE.8.C.2.PA.E

f. Associate selected critical elements with successful performance of a sport skill and physical activity. PE.8.C.2.PA.F

g. Recognize a specific safety procedure and equipment necessary for a sport or physical activity. PE.8.C.2.PA.G

h. Recognize a movement skill and strategy used in physical activities, such as volleyball or tennis serve, surfing and skate boarding. PE.8.C.2.PA.H

Lifetime Fitness

3 Participate regularly in physical activity.

1. Participate in moderate physical activity on a daily basis. PE.8.L.3.1
2. Participate in vigorous physical activity on a daily basis. PE.8.L.3.2
3. Participate in a variety of individual/dual and alternative/extreme sport activities that promote health-related components of fitness. PE.8.L.3.3
4. Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports. PE.8.L.3.4
5. Identify the community opportunities for participation in individual/dual and alternative/extreme sports. PE.8.L.3.5
6. Identify a variety of individual/dual and alternative/extreme sport activities that promote stress management. PE.8.L.3.6

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Participate in a selected moderate physical activity on a daily basis. PE.8.L.3.IN.A

b. Participate in a healthy level of physical activity on a daily basis. PE.8.L.3.IN.B

c. Participate in a variety of basic individual/dual and alternative/extreme sports activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. PE.8.L.3.IN.C

d. Recognize the in-school opportunities for participation in individual/dual and alternative/extreme sports. PE.8.L.3.IN.D

e. Recognize community opportunities for participation in individual/dual or alternative/extreme sports. PE.8.L.3.IN.E

f. Recognize a variety of basic individual/dual and alternative/extreme sports activities that promote effective stress management. PE.8.L.3.IN.F

Supported

a. Participate in moderate modified physical activity on a daily basis. PE.8.L.3.SU.A

b. Participate in a healthy level of modified physical activity on a daily basis. PE.8.L.3.SU.B

c. Participate in a variety of selected, basic individual/dual and alternative/extreme sports activities that promote cardio-respiratory endurance, physical conditioning, flexibility and body composition. PE.8.L.3.SU.C

d. Recognize selected in-school opportunities for participation in individual/dual and alternative/extreme sports. PE.8.L.3.SU.D

e. Recognize selected community opportunities for participation in individual/dual or alternative/extreme sports. PE.8.L.3.SU.E

f. Recognize a variety of selected basic individual/dual and alternative/extreme sports activities that promote effective stress management. PE.8.L.3.SU.F

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Participatory

a. Participate in modified physical activity on a daily basis. PE.8.L.3.PA.A

b. Participate in healthy level of guided physical activity on a daily basis. PE.8.L.3.PA.B

c. Participate in a variety of selected, modified individual/dual and alternative/extreme sports activities that promote cardiorespiratory endurance, physical conditioning, flexibility and body composition. PE.8.L.3.PA.C

d. Recognize a school opportunity for participation in individual/dual or alternative/extreme sports. PE.8.L.3.PA.D

e. Recognize a selected community opportunity for participation in individual/dual or alternative/extreme sports. PE.8.L.3.PA.E

f. Recognize a variety of selected modified individual/dual and alternative/extreme sports activities that promote effective stress management. PE.8.L.3.PA.F

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4 Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.

1. Create, implement and assess a personal fitness program in collaboration with a teacher. PE.8.L.4.1
2. Develop goals and strategies for a personal physical fitness program. PE.8.L.4.2
3. Use available technology to assess, design and evaluate a personal physical fitness program. PE.8.L.4.3
4. Develop a personal fitness program including a variety of physical activities. PE.8.L.4.4
5. Identify health-related problems associated with low levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. PE.8.L.4.5
6. Define training principles appropriate for enhancing cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. PE.8.L.4.6

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Create and implement a personal fitness program in collaboration with a teacher. PE.8.L.4.IN.A

b. Select goals and identify strategies for a personal physical-activity plan. PE.8.L.4.IN.B

c. Use a variety of resources, including available technology, to design and assess their personal physical-activity plan. PE.8.L.4.IN.C

d. Identify a variety of physical activities in developing a personal fitness program. PE.8.L.4.IN.D

e. Recognize health-related problems associated with low levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. PE.8.L.4.IN.E

f. Identify the training principles, such as overload and specificity, appropriate for enhancing cardio-respiratory endurance, muscular strength and endurance and flexibility. PE.8.L.4.IN.F

Supported

a. Create a personal fitness program in collaboration with a teacher. PE.8.L.4.SU.A

b. Select goals and recognize strategies for a personal physical-activity plan. PE.8.L.4.SU.B

c. Use a variety of resources, including available technology, to assess a personal activity plan. PE.8.L.4.SU.C

d. Identify a variety of selected physical activities in developing a personal fitness program. PE.8.L.4.SU.D

e. Recognize health-related problems associated with low levels of cardio-respiratory endurance, and muscular strength and endurance. PE.8.L.4.SU.E

f. Recognize selected training principles, such as overload and specificity, appropriate for enhancing cardio-respiratory endurance, muscular strength and endurance and flexibility. PE.8.L.4.SU.F

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Participatory

a. Actively participate in a personal fitness program in collaboration with a teacher. PE.8.L.4.PA.A

b. Select a goal for a personal physical-activity plan. PE.8.L.4.PA.B

c. Use resources, including available technology, to recognize the effect of a personal activity plan. PE.8.L.4.PA.C

d. Recognize a variety of physical activities in developing a personal fitness program. PE.8.L.4.PA.D

e. Recognize a health-related problem associated with low levels of physical activity. PE.8.L.4.PA.E

f. Associate selected training principles, such as overload and specificity, with enhancing cardio-respiratory endurance, muscular strength and endurance and flexibility. PE.8.L.4.PA.F

Responsible Behaviors and Values

5 Exhibit responsible personal and social behavior that respects self and others in physicalactivity settings.

1. List ways to act independently of peer pressure during physical activities. PE.8.R.5.1
2. Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities. PE.8.R.5.2
3. Demonstrate sportsmanship during game situations. PE.8.R.5.3
4. Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. PE.8.R.5.4
5. Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. PE.8.R.5.5

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Identify ways to act independently of peer pressure in selected physical activities. PE.8.R.5.IN.A

b. Identify strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities. PE.8.R.5.IN.B

c. Use responsible behaviors during physical activities, such as controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat. PE.8.R.5.IN.C

d. Use appropriate personal, social and ethical behaviors while participating in a variety of physical activities. PE.8.R.5.IN.D

e. Use appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. PE.8.R.5.IN.E

Supported

a. Recognize ways to act independently of peer pressure in a selected physical activity. PE.8.R.5.SU.A

b. Recognize strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities. PE.8.R.5.SU.B

c. Use responsible behaviors during physical activities, such as controlling emotions, respecting opponents and officials and accepting both victory and defeat. PE.8.R.5.SU.C

d. Use appropriate personal and ethical behaviors while participating in a variety of physical activities. PE.8.R.5.SU.D

e. Use appropriate etiquette, respect for facilities and safe behaviors while participating in a variety of physical activities. PE.8.R.5.SU.E

Participatory

a. Recognize appropriate behavior choices for selected situations in school. PE.8.R.5.PA.A

b. Participate cooperatively with persons of diverse backgrounds and abilities in a variety of physical activities. PE.8.R.5.PA.B

c. Use responsible behaviors during physical activities, such as controlling emotions and respecting opponents and officials. PE.8.R.5.PA.C

d. Use appropriate personal behaviors while participating in a variety of physical activities. PE.8.R.5.PA.D

e. Use appropriate etiquette and safe behaviors while participating in a variety of physical activities. PE.8.R.5.PA.E

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6 Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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1. Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.8.R.6.1
2. Describe the potential benefits of participation in a variety of physical activities. PE.8.R.6.2
3. Compare and contrast games, sports and/or physical activities from other cultures. PE.8.R.6.3

    Access Point for Students with Significant Cognitive Disabilities

    Independent

    a. Describe opportunities for participation in physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.8.R.6.IN.A
    b. Identify potential benefits of participation in a variety of physical activities, such as physical, mental, emotional and social benefits. PE.8.R.6.IN.B
    c. Identify similarities in games, sports or physical activities according to cultures. PE.8.R.6.IN.C

    Supported

    a. Identify opportunities for participation in physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.8.R.6.SU.A
    b. Recognize selected potential benefits of participation in a variety of physical activities, such as physical, mental, emotional and social benefits. PE.8.R.6.SU.B
    c. Recognize similarities in games, sports or physical activities from other cultures. PE.8.R.6.SU.C

    Participatory

    a. Recognize opportunities for participation in physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.8.R.6.PA.A
    b. Associate selected benefits with participation in a variety of physical activities, such as physical, mental, emotional and social benefits. PE.8.R.6.PA.B
    c. Recognize a game, sport or physical activity that is the same in another other culture. PE.8.R.6.PA.C