Georgia Physical Education

Grade 8

Adopted 2018

Motor Skills and Movement Patterns

1. **The physically educated student demonstrates competency in a variety of motor skills and movement patterns.** PE8.1
   a. Performs specialized manipulative skills in small-sided games. PE8.1.A
   b. Performs movement skills in complex activity settings based on situational analysis (e.g., number of outs, players on base, shot selection, time on the clock, and/or playing short one player vs. opponents). PE8.1.B
   c. Creates offensive and defensive strategies in small-sided games based on situational play. PE8.1.C
   d. Creates rhythm sequences that combine complex movement concepts and skills. PE8.1.D

Movement Concepts and Principles

2. **The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance.** PE8.2
   a. Assesses movement and strategies necessary for physical performance in individual activity and team situations (transition from offense to defense and vice versa; offensive and defensive positioning; body position; weight transfer; and communication with teammates). PE8.2.A
   b. Explores important concepts in physical activities, such as action-reaction, trajectory, levers, and linear velocity. PE8.2.B
   c. Describes the impacts of critical elements related to complex motor skills (force, timing, speed, direction, levels, and sequence of motion). PE8.2.C
   d. Critiques self or others in the performance of a specific motor skill and provides suggestions for improving the performance. PE8.2.D
   e. Formulates appropriate decisions based on game conditions (weather, teammates, individual skill levels, game situations, and opponent's skill level). PE8.2.E

Fitness

3. **The physically educated student demonstrates knowledge & skills to help achieve and maintain a health-enhancing level of physical activity and fitness.** PE8.3
   a. Investigates ways to increase levels of moderate and vigorous physical activity (MVPA) in daily routines and reduce the barriers within one's environment (home, school, and/or community). PE8.3.A
   b. Tracks activity and progress using activity journals, computer software, apps, or other methods to make indicated adjustments. PE8.3.B

Skip to main content

c. Participates in the Georgia Fitness Assessment with teacher supervision. PE8.3.C

d. Develops and revises an exercise plan utilizing exercises or activities that will contribute to the improvement of in one or more components of the Georgia Fitness Assessment Program. PE8.3.D

e. Explains the importance of aerobic capacity and strives in the personal fitness plan to achieve a goal of 50% of activity time spent in MVPA. PE8.3.E

f. Uses heart rate to measure Rating of Perceived Exertion (RPE) and to determine intensity. PE8.3.F

g. Demonstrate which strength, toning, and physical activities impact specific muscle groups. PE8.3.G

Personal and Social Behavior, Rules, Safety, and Etiquette

4. **The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings.** PE8.4

   a. Exhibits personal responsibility and the ability to resolve conflicts in a physical activity setting. PE8.4.A

   b. Assumes leadership roles to facilitate class management (team leaders, officials, or equipment managers). PE8.4.B

   c. Adheres to school, class, or activity rules and guidelines established for resolving conflicts. PE8.4.C

5. **The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.** PE8.5

   a. Recognizes the role of physical activity in today's society in the development of positive health aspects, enjoyment, and social interaction. PE8.5.A

   b. Analyzes the relationship between inactivity ("sedentary behavior") and obesity on mental and emotional health. PE8.5.B

   c. Explores the importance of physical activity in managing social and emotional challenges (anxiety, depression, etc.). PE8.5.C

   d. Displays empathy and encouragement to others during physical activity. PE8.5.D

   e. Supports student-centered inquiry into all types of physical activity to encourage discovery of activities that allow for self-expression and lifelong enjoyment. PE8.5.E