Louisiana Physical Education

Grade 8

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

Specialized Skills and Movement Patterns

1. Exhibits command of rhythm and timing by creating a movement sequence to music in a group by traveling, balance, weight transfer into a smooth, flowing sequence coordinated with the rhythm of the music 1.8-1.1

Games and Sports: Invasion Games Passing

1. Demonstrates sending an object to a target in controlled practice to achieve successful game- related outcomes 1.8-2.1

Games and Sports: Invasion Games Receiving

1. Receives with a mature receiving pattern using an implement in small sided games 1.8-3.1

Games and Sports: Invasion Games Offensive Skills

1. Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, give-and-go, V-cuts, and/or screens 1.8-4.1
2. Applies basic offensive strategies in a modified version of a team or individual sport 1.8-4.2

Games and Sports: Invasion Games Dribbling/Ball Control with Hands

1. Dribbles with dominant and non-dominant hand using a change of speed and direction in small-sided game play 1.8-5.1

Games and Sports: Invasion Games Dribbling/Ball Control with Feet

1. Foot dribbles or dribbles with an implement with control changing speed and direction during small-sided game play 1.8-6.1

Games and Sports: Invasion Games Shooting on Goal

1. Shoots on goal with or without an implement with power and accuracy during small-sided game play 1.8-7.1

Games and Sports: Invasion Games Defensive Skills

1. Maintains defensive ready position appropriate to the sport in a small-sided invasion game 1.8-8.1

Skip to main content

ames and Sports: Net/Wall Games Serving

1. Executes consistently (at least 70% of the time) a legal underhand serve for distance and accuracy for net/wall games 1.8-9.1

Games and Sports: Net/Wall Games Striking

1. Strikes with a mature overarm pattern in a net/wall game during singles, doubles, and small-sided games 1.8-10.1

Games and Sports: Net/Wall Games Forehand and Backhand

1. Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games in singles or doubles 1.8-11.1

Games and Sports: Net/Wall Games Weight Transfer

1. Transfers weight with correct timing using low to high striking pattern with a short- or long-handed implement on the forehand or backhand side 1.8-12.1

Games and Sports: Net/Wall Games Volley

1. Volleys with a mature form and control using a body part or a short-handled implement during singles, doubles or a small-sided game 1.8-13.1

Games and Sports: Target Games Underhand Pattern

1. Performs consistently (70% of the time) a mature underhand pattern with accuracy and control for target games 1.8-14.1

Games and Sports: Target Games Striking

1. Strikes, with an implement, a stationary object for accuracy, distance, and power 1.8-15.1

Games and Sports: Fielding/Striking Games Striking

1. Strikes pitched ball with an implement for power to open space in a variety of small-sided games 1.8-16.1

Games and Sports: Fielding/Striking Games Catching

1. Catches, with or without an implement, from different trajectories and speeds in a dynamic environment or in small-sided game play 1.8-17.1

Individual or Group Lifetime Activities

1. Demonstrates correct technique for basic skills on at least two self- selected individual or group lifetime activities 1.8-18.1

The physically literate individual applies knowledge of concepts, pri
an

Skip to main content

Games and Sports: Invasion Games Offensive Tactics

1. Demonstrates creating open space by using a give- and-go and using fakes off the ball 2.8-1.1

ames and Sports: Invasion Games Defensive Tactics

movement and performance.	1. Demonstrates reducing open space on defense by anticipating the speed of the object or person for the purpose of interception or deflection 2.8-2.1
	Games and Sports: Net/Wall Games Creating Space 1. Demonstrates creating open space by varying force while moving opponent from side to side and/or forward and backward 2.8-3.1
	Games and Sports: Net/Wall Games Tactics and Shots 1. Demonstrates one or more offensive shots using placement, force, or timing to win a rally 2.8-4.1
	Games and Sports: Fielding/Striking Games Offensive Tactics 1. Demonstrates a variety of shots to open space during small-sided game play. 2.8-5.1
	Games and Sports: Fielding/Striking Games Defensive Tactics 1. Demonstrates a defensive play during small-sided game play 2.8-6.1
	Games and Sports: Target Games Shot Selection 1. Demonstrates an appropriate shot based on the location of the target or the score of the game by varying the speed, force, or trajectory of the object 2.8-7.1
	Individual Performance Movement Concepts 1. Evaluates the mechanical principles for a variety of movement patterns and skills to improve performance of self or others 2.8-8.1
	Individual or Group Lifetime Activities Decision Making 1. Implements safe protocols in self-selected activities 2.8-9.1
The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**Benefits of Physical Activity** 1. Explains the connections between the 5 health- related fitness components (cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition) and overall physical, mental, and emotional health 3.8-1.1
	Evaluates Physical Activity 1. Implements a plan to improve or maintain physical activity levels based on personal physical activity assessment data 3.8-2.1
	Health and Skill Related Fitness 1. Compares and contrasts the health-related and skill-related fitness components 3.8-3.1
	Principles of Training Analyzes a fitness plan for the principles of training 3.8-4.1

Skip to main content

FITT Principle

1. Develops a personal workout plan using the FITT Principle for one of the health-related fitness components 3.8-5.1

Phases of Exercise

1. Implements a personal or group warm up or cool down routine for a class or self-selected physical activity 3.8-6.1

Heart Rate

1. Analyzes the relationship between pulse and RPE for activities of different intensities 3.8-7.1

Body Systems

1. Explains the role of the respiratory, muscular, and skeletal systems and their interactions during physical activity 3.8-8.1

Technology

1. Applies the use of various forms of technology to the concept of monitoring fitness and/or uses various forms of technology to monitor fitness 3.8-9.1

Assessment and Program Planning

1. Designs and implements a personal workout plan based on results of at least two health-related fitness assessments 3.8-10.1

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Personal Responsibility

1. Accepts responsibility for individual improvement of levels of physical activity and fitness 4.8-1.1

Personal Responsibility

1. Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school 4.8-2.1

Providing and Receiving Feedback

1. Demonstrates the ability to provide positive encouragement and corrective feedback to peers without prompting from the teacher 4.8-3.1

Working with Others Conflict Resolution

1. Responds appropriately to ethical and unethical behavior of participants during physical activity by using the rules and guidelines for conflict resolution 4.8-4.1

Working with Others Cooperation and Accepting Others

1. Positively contributes to team building and/or problem solving activities 4.8-5.1

Skip to main content

ıles and Etiquette

1. Applies rules and etiquette by acting as an official for physical activities (dance, individual, team & lifetime) 4.8-6.1

Safety

1. Identifies specific safety concerns associated with physical activity and fitness equipment 4.8-7.1

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Challenge

1. Apply strategies for overcoming individual or group challenges in a physical activity setting 5.8-1.1

Self-Expression /Enjoyment

1. Selects to participate in an enjoyable activity that prompts individual self-expression 5.8-2.1

Social Interaction

1. Discuss the social benefits of participating in a self- selected physical activity 5.8-3.1