

# Grade 8

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Demonstrate increased proficiency in movement skills while participating in team and individual sports.**

**Perform continuous and discrete skills (i.e., discrete skills have a defined beginning and end and continuous skills are ongoing).**

**Execute offensive and defensive strategies in individual and team sports.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Create offensive and defensive strategies in physical activities.**

**Apply appropriate warm-up and cool down techniques while participating in a variety of physical activities.**

**Utilize principles of training and conditioning (FITT, Warm-up/Work-Out/Cool Down, specificity, intensity, overload) to improve physical fitness.**

**Understand how biomechanics (i.e., human movement from a variety of perspectives) affects performance.**

**Participates regularly in physical activity.**

**Participate in games, sports, dance, and/or other activities in a variety of settings that are based on personal interests.**

**Set personal physical fitness goals based upon the results of fitness assessments.**

**Participate and apply basic muscular strength and endurance principles and safety practices both inside and outside of school.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Apply each health-related fitness component (i.e., muscular strength, endurance, flexibility, body composition, aerobic fitness) and explain how participation in physical activity impacts personal fitness.**

**Examine and discuss pre-and post-fitness test scores after participation in fitness-enhancing activities.**

**Implement a personal fitness plan to accomplish a physical fitness goal.**

**Exhibit responsible personal and social behavior that respects**

**Exhibit characteristics of a positive role model.**

**self and others in physical activity settings.**

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**Solve conflicts in physical activity by determining potential solutions.**

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

**Engage in physical activities that provide challenge, problem solving, decision-making and risk taking.**