Missouri Physical Education

Grade 8

Adopted 2007

Efficiency of Human Movement and Performance

1. **Personal Fitness and Healthy Active Living**
   - A. Health-Related and Skill-Related Fitness
     - a. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total fitness.
   - B. Wellness
     - a. Describe the cause/effect of nutrition and exercise in maintaining a healthy weight (calories in = calories out).
     - b. Identify a variety of specific activities designed to reduce and manage stress (e.g., aerobics, Pilates, deep breathing, muscle relaxation).
   - C. Fitness Principles
     - a. Identify exercise principles of overload, progression, and specificity and how they relate to exercise.
   - D. Body Systems
     - a. Explain the effects of a sedentary lifestyle on the circulatory, respiratory, muscular, and skeletal systems.

2. **Responsible Personal and Social Behavior in the Physical Activity Setting**
   - A. Personal/Social Responsibilities
     - a. Demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity setting (e.g., checklist of conflict resolution skills).

3. **Injury Prevention, Treatment and Rehabilitation**
   - A. Prevention
     - a. Investigate the safe and unsafe practices of using fitness equipment (e.g., weight room, fitness balls, step aerobics).
   - B. Treatment
     - a. Apply knowledge of basic first aid for the treatment of injury inside and outside the physical activity setting (e.g., Asthma, CPR, RICE - Rest, Ice, Compression, Elevation).

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Ph **Sport Skills and Lifetime Activities**

Lifetime Wellness

A. Skill Techniques

a. Analyze selected skills and correct errors to improve skill technique.

B. Individual, Dual and Team Sports

a. Explain sport history.

b. Demonstrate an increased level of competence in skill techniques, scoring, and safety practices in a variety of individual, dual and team sports.

c. Analyze play of their opponent and apply defensive and offensive techniques.

C. Outdoor Pursuits/Recreational Activities

a. Demonstrate an increased level of competence in a variety of outdoor pursuits and/or recreational activities.

D. Specialized Activities

a. Demonstrate an intermediate level of competence in a variety of physical activities (e.g., gymnastics, aquatics).

b. Apply skill techniques, scoring and safety practices in a modified activity setting.

E. Careers

a. Describe the requirements for careers that can be pursued in outdoor pursuits and recreational activities.

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3. **Rhythms and Dance**

B. Creative/Interpretive

a. Analyze the creative and aesthetic aspects of a dance pattern (e.g., direction, time, flow, level, energy).

D. Forms of Dance

a. Analyze differences and similarities in dances from various cultures.