Nebraska Physical Education

Grade 8

Adopted 2016

Physical Activity Skills and Movement Patterns PE.8.1

1. **Performs a variety of dance and rhythmic skills and activities with competency.** PE.8.1.1
   a. Creates a sequence of movements to a beat or rhythm in a dance. PE.8.1.1.A
   b. Creates a sequence of movements for a rhythmic activity. PE.8.1.1.B

2. **Performs a variety of invasion and field game skills and activities with competency.** PE.8.1.2
   a. Throws with a mature pattern for distance, force, and speed in small-sided game play (e.g., softball, basketball, football, lacrosse, Frisbee). PE.8.1.2.A
   b. Catches using an implement with a mature pattern in small-sided game play (e.g., lacrosse, scoop). PE.8.1.2.B
   c. Passes an object with an implement in combination with running, changing direction, and speed with competency (e.g., hockey, lacrosse, scoop). PE.8.1.2.C
   d. Receives object with an implement in combination with running, changing direction, and speed (e.g., hockey, broomball). PE.8.1.2.D
   e. Performs pivots, fakes, and jab steps correctly in modified games (e.g., basketball, soccer, lacrosse, flag football). PE.8.1.2.E
   f. Dribbles with dominant and non-dominant hand using a change of speed and direction in small-sided game play (e.g., basketball). PE.8.1.2.F
   g. Foot-dribbles combined with passing, changing speed and direction in small-sided game play (e.g., soccer). PE.8.1.2.G
   h. Dribbles with an implement combined with passing in modified games (e.g., floor hockey, broom ball). PE.8.1.2.H
   i. Shoots on goal using an implement with power and accuracy in a modified game (e.g., team handball, hockey and lacrosse). PE.8.1.2.I
   j. Utilizes drop step technique while defending (e.g., basketball, football, softball). PE.8.1.2.J

3. **Performs a variety of net and wall game skills and activities with competency.** PE.8.1.3
   a. Performs a legal underhand serve with accuracy in a modified game. PE.8.1.3.A
   b. Strikes with a mature overhand pattern in a modified game (e.g., volleyball, handball, badminton, tennis). PE.8.1.3.B

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c. Strikes with mature pattern, using the forehand and backhand strokes with a short- or long-handled implement with accuracy, in a modified game. PE.8.1.3.C

d. Applies forehand and backhand volleys with a mature pattern and control using an implement in a modified game. PE.8.1.3.D

e. Executes overhead two-hand volley with control in a modified game. PE.8.1.3.E

f. Performs a forearm pass with a mature pattern and control in a modified game. PE.8.1.3.F

4. **Performs a variety of target game skills and activities with competency.** PE.8.1.4

a. Throws underhand for accuracy and control with a mature pattern in a modified target game. PE.8.1.4.A

b. Strikes, with an implement, a stationary object for accuracy and distance (e.g., croquet, golf, shuffleboard). PE.8.1.4.B

5. **Performs a variety of fielding/striking game skills and activities with competency.** PE.8.1.5

a. Strikes a pitched ball with power with an implement to an open space in a variety of small-sided games. PE.8.1.5.A

b. Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play. PE.8.1.5.B

6. **Performs a variety of outdoor pursuits and individual performance activities with competency.** PE.8.1.6

a. Demonstrates correct technique for a variety of skills in two self-selected outdoor activities (e.g., fishing, archery, wall climbing, geocaching, bicycling). PE.8.1.6.A

b. Demonstrates correct technique for a variety of skills in two self-selected activities (e.g., wrestling, track and field, skating, tumbling). PE.8.1.6.B

Movement Concepts, Strategies, and Tactics PE.8.2

1. **Applies knowledge of movement concepts, strategies, and tactics in individual performance activities, dance and rhythms.** PE.8.2.1

a. Describes and applies mechanical advantage(s) for a variety of movement patterns. PE.8.2.1.A

2. **Applies knowledge of movement concepts, strategies, and tactics in invasion games.** PE.8.2.2

a. Creates and reduces space using a variety of passes and offensive tactics during modified games (e.g., pivots, fakes, give and go). PE.8.2.2.A

b. Responds with appropriate locomotor movements while transitioning between offense and defense, communicating with teammates, and capitalizing on opportunities. PE.8.2.2.B

3. **Applies knowledge of movement concepts, strategies, and tactics in net/wall games.** PE.8.2.3

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a. Creates space when hitting with either a long- or short-handled implement by varying force or direction or by moving opponent side-to-side and/or forward and back. PE.8.2.3.A

b. Varies placement, force and timing of return to prevent anticipation by opponent. PE.8.2.3.B

4. **Applies knowledge of movement concepts, strategies, and tactics in target games.** PE.8.2.4

a. Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. PE.8.2.4.A

5. **Applies knowledge of movement concepts, strategies, and tactics in fielding/striking games.** PE.8.2.5

a. Identifies sacrifice situations and attempts to advance a teammate. PE.8.2.5.A

b. Reduces open spaces in the field by working with teammates to maximize coverage. PE.8.2.5.B

6. **Applies knowledge of movement concepts, strategies, and tactics in outdoor pursuits.** PE.8.2.6

a. Implements safe protocols in self-selected outdoor activities. PE.8.2.6.A

Health-Related Physical Activity and Fitness PE.8.3

1. **Demonstrates the knowledge and skill to achieve and maintain a health-enhancing level of physical activity.** PE.8.3.1

a. Explains the connections between health-related fitness and overall physical and mental health. PE.8.3.1.A

2. **Engages in physical activity.** PE.8.3.2

a. Participates in a variety of activities with moderate to vigorous intensity for a minimum of 60 minutes a day. PE.8.3.2.A

b. Plans and creates, with teacher assistance, a variety of strength and muscular endurance activities using body weight and light free-weights. PE.8.3.2.B

c. Participates in a variety of aerobic fitness activities using technology (e.g., video exercise games, heart rate monitors, pedometers). PE.8.3.2.C

d. Participates in self-selected lifetime sport, dance, aquatic, or outdoor activity outside of the school day. PE.8.3.2.D

3. **Exhibits the knowledge to achieve and maintain a health-enhancing level of physical fitness.** PE.8.3.3

a. Compares and contrasts physical activities based on their contributions to health-related fitness components. PE.8.3.3.A

b. Uses available technology to self-monitor quantity of exercise and enhance current fitness level. PE.8.3.3.B

c. Designs and implements a variety of warm-up/cool-down regimens with a variety of dynamic and static stretches for multiple activities. PE.8.3.3.C

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d. Uses the overload principle in preparing a personal workout. PE.8.3.3.D

e. Defines how the Borg Rate of Perceived Exertion (RPE) scale can be used to adjust workout intensity during physical activity. PE.8.3.3.E

f. Performs a variety of single-joint and multi-joint movements in resistance training with an appropriately selected resistance. PE.8.3.3.F

g. Identifies technical resistance progressions and determines corrections that are necessary for injury prevention and health promotion. PE.8.3.3.G

h. Designs and implements a program of remediation for three areas of weakness based on the results of health-related fitness assessment. PE.8.3.3.H

i. Designs and implements a program to improve levels of health-related fitness and nutrition. PE.8.3.3.I

4. **Communicates the importance of health-related fitness components and nutrition for physical activity.** PE.8.3.4

a. Describes the relationship between poor nutrition and health risk factors. PE.8.3.4.A

5. **Communicates the importance of health-related fitness components and stress management with physical activity.** PE.8.3.5

a. Performs basic movements used in other stress-reducing activities (e.g., yoga, tai chi). PE.8.3.5.A

Responsible Behavior PE.8.4

1. **Exhibits personal responsibility in physical activity settings.** PE.8.4.1

a. Accepts responsibility for personal and social behaviors and improving ones' own level of physical activity and fitness. PE.8.4.1.A

2. **Accepts and responds to specific corrective feedback from teacher and peers.** PE.8.4.2

a. Provides encouragement and positive feedback to peers without prompting from the teacher. PE.8.4.2.A

3. **Exhibits responsible social behavior when working with others.** PE.8.4.3

a. Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflict. PE.8.4.3.A

b. Employs critical thinking skills to solve problems and make decisions. PE.8.4.3.B

4. **Follows rules and demonstrates proper etiquette.** PE.8.4.4

a. Officiates modified physical activities and games. PE.8.4.4.A

b. Creates dance routines applying appropriate behavior and etiquette observing, creating, and performing dance. PE.8.4.4.B

5. **Participates safely in physical activities.** PE.8.4.5

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a. Independently uses physical activity and fitness equipment appropriately. PE.8.4.5.A

b. Identifies specific safety associated with the physical activity. PE.8.4.5.B

c. Applies specific safety concerns associated with the activity when practicing with peers. PE.8.4.5.C

Physical Activity Benefits PE.8.5

1. **Recognizes the benefits of physical activity for health.** PE.8.5.1

   a. Explains the connections between fitness and overall physical and mental health. PE.8.5.1.A

   b. Analyzes the empowering consequences of being physically active as it relates to physical, social, and mental/emotional health. PE.8.5.1.B

2. **Recognizes the benefits of physical activity for challenge.** PE.8.5.2

   a. Develops a plan of action for challenge in physical activity and makes appropriate decisions based on that plan. PE.8.5.2.A

3. **Recognizes the benefits of physical activity for self-expression and enjoyment.** PE.8.5.3

   a. Enjoys self-selected physical activities. PE.8.5.3.A

   b. Describes how moving competently in a physical activity setting creates enjoyment. PE.8.5.3.B

   c. Identifies and participates in an enjoyable activity that prompts individual expression. PE.8.5.3.C

4. **Recognizes the benefits of physical activity for social interaction.** PE.8.5.4

   a. Exhibits respect for self by asking for help and helping others in various physical activities. PE.8.5.4.A