Oregon Physical Education

Grades 6-8

Develops a variety of motor skills. 8.DMS

1. **Demonstrates correct technique in a variety of outdoor activities (e.g., hiking, biking, and climbing).** 8.DMS.1
2. **Demonstrates movement sequences within varied dance forms.** 8.DMS.2
3. **Demonstrates appropriate form in a variety of health-related fitness activities.** 8.DMS.3
4. **Demonstrates appropriate form in a variety of skill-related fitness activities.** 8.DMS.4
5. **Demonstrates proper form for a striking motion with a long-handled implement.** 8.DMS.5
6. **Demonstrates a correct rolling and throwing (underhand, sidearm, overhand) technique in a variety of practice tasks and modified target games.** 8.DMS.6
7. **Demonstrates proper form for striking a self-tossed/pitched ball with an implement to open space in a variety of practice tasks and small-sided games.** 8.DMS.7
8. **Demonstrates a proper catch with or without an implement in a variety of practice tasks and small-sided games.** 8.DMS.8
9. **Demonstrates throwing for accuracy, distance, and power in a variety of practice tasks and small-sided games.** 8.DMS.9
10. **Demonstrates a proper underhand and overhand serve using the hand in a variety of practice tasks and modified small-sided games.** 8.DMS.10
11. **Demonstrates a proper underhand and overhand serve using a short-handled implement in a variety of practice tasks and modified small-sided games.** 8.DMS.11
12. **Demonstrates the correct form of a forehand and backhand stroke with a short-handed implement in a variety of practice tasks and modified small-sided games.** 8.DMS.12
13. **Demonstrates proper form for a volley using a short-handled implement in a variety of practice tasks and modified net and wall games.** 8.DMS.13

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	14 Demonstrates proper form for sending and receiving in combination with locomotor skills in a variety of small-sided games. 8.DMS.14
	15 Demonstrates proper form for dribbling skill in a variety of practice tasks and small- sided games. 8.DMS.15
	16 Demonstrates proper form for dribbling an object with an implement in a variety of practice tasks and small-sided games. 8.DMS.16
	17 Demonstrates proper form for a shot on goal with and without an implement in a variety of practice tasks and small-sided games. 8.DMS.17
	18 Demonstrates multiple techniques to create open space during a variety of practice tasks and small-sided games (offense). 8.DMS.18
	19 Demonstrates a defensive ready position in a variety of practice tasks and small-sided games. 8.DMS.19
	20 Demonstrates water safety skills. If a pool facility is available, demonstrates water safety and basic swimming skills. 8.DMS.20
Applies knowledge related to movement and fitness concepts. 8.AMF	**1** Identifies the effective use of movement concepts within multiple dynamic environments and lifetime activities. 8.AMF.1
	2 Demonstrates and applies knowledge of offensive tactics to create space with movement in invasion games. 8.AMF.2
	3 Demonstrates and applies knowledge of reducing open space with movement and denial in invasion games. 8.AMF.3
	4 Demonstrates and applies the appropriate shot and technique in net and wall games. 8.AMF.4
	5 Demonstrates and applies knowledge of offensive tactics in striking and fielding games. 8.AMF.5
	6 Demonstrates and applies knowledge of defensive positioning tactics in striking and fielding games. 8.AMF.6
	7 Demonstrates problem-solving skills in a variety of games and activities. 8.AMF.7
	8 Applies knowledge of movement concepts for the purpose of varying different types of dances and rhythmic activities. 8.AMF.8
	9 Identifies and compares the components of health and skill-related fitness. 8.AMF.9
	Self-selects and monitors physical activity goals based on a self-selected health-related fitness assessment. 8.AMF.10

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	11	**Implements the principles of exercise (progression, overload, and specificity) for different types of physical activity.** 8.AMF.11
	12	**Applies knowledge of skill-related fitness to different types of physical activity.** 8.AMF.12
	13	**Explains the relationship of aerobic fitness and RPE Scale to physical activity effort.** 8.AMF.13
	14	**Applies knowledge of dynamic and static stretching to exercise in warm-up, cool-down, flexibility, endurance, etc. physical activities.** 8.AMF.14
	15	**Demonstrates knowledge of heart rate, ability to monitor it, and describes its relationship to aerobic fitness.** 8.AMF.15
	16	**Identifies ways to be physically active.** 8.AMF.16
	17	**Examines how rest impacts the body's response to physical activity.** 8.AMF.17
	18	**Analyzes skill performance by identifying critical elements.** 8.AMF.18
	19	**Evaluates usefulness of technology tools to support physical activity and fitness goals.** 8.AMF.19
	20	**Explains the relationships among nutrition, physical activity, and health factors.** 8.AMF.20
	21	**Demonstrates and/or applies knowledge of safety protocols in teacher-selected outdoor activities.** 8.AMF.21
	22	**Demonstrates and applies knowledge of water safety skills. Demonstrates knowledge of basic swimming skills if a water facility is available.** 8.AMF.22
Develops social skills through movement. 8.SSM	1	**Understands and accepts others' differences during a variety of physical activities.** 8.SSM.1
	2	**Demonstrates consideration for others and contributes positively to the group or team.** 8.SSM.2
	3	**Uses communication skills to negotiate strategies and tactics in a physical activity setting.** 8.SSM.3
	4	**Implements and provides constructive feedback to and from others when prompted and supported by the teacher.** 8.SSM.4
	5	**Explains the value of a specific physical activity in culture.** 8.SSM.5
	6	**Demonstrates the ability to follow game rules in a variety of physical activity situations.** 8.SSM.6

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	7 Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment. 8.SSM.7
	8 Solves problems amongst teammates and opponents. 8.SSM.8
	9 Applies and respects the importance of etiquette in a physical activity setting. 8.SSM.9
	10 Explains how communication, feedback, cooperation, and etiquette relate to leadership roles. 8.SSM.10
Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. 8.PSB	1 Describes how self-expression impacts individual engagement in physical activity. 8.PSB.1
	2 Describes how social interaction impacts individual engagement in physical activity. 8.PSB.2
	3 Participates in a variety of physical activities that can positively affect personal health. 8.PSB.3
	4 Connects how choice and personal interests impact individual engagement in physical activity. 8.PSB.4
	5 Examines individual and group challenges through movement. 8.PSB.5
	6 Sets goals to participate in physical activities based on examining individual ability. 8.PSB.6
	7 Examines opportunities and barriers to participating in physical activity outside of physical education class. 8.PSB.7
	8 Utilizes a variety of techniques to manage one's emotions and behaviors in a physical activity setting. 8.PSB.8
	9 Reflects on movement experiences during physical education to develop an understanding of how movement is personally meaningful. 8.PSB.9