Tennessee Physical Education

Grade 8

Adopted 2016

Motor Skills

1. **Invasion Games/Throwing** MS.1
   8. Using a mature overhand pattern, throws to teammates of varying distances in a game-like situation. MS.1.8

2. **Invasion Games/Catching** MS.2
   8. Demonstrates the ability to catch at various levels and extensions in a game-like situation. MS.2.8

3. **Invasion/Receiving** MS.3
   8. Passes/receives with hands/feet/implement in game-like situations. MS.3.8

4. **Invasion Games/Passing and Receiving** MS.4
   8. Passes and receives in game-like situation. MS.4.8

5. **Invasion Games/Offensive Skills** MS.5
   8. Executes offensive skills (pivots, fakes, change of direction, and give and go) to create open space during game-like situation. MS.5.8

6. **Invasion Games/Sports-Ball Control** MS.6
   8. Dribbles and maintains possession against a defender while changing directions and speed. (hand or foot) MS.6.8

7. **Invasion Games/Sports-Ball Control** MS.7
   8. Dribbles and passes a ball with foot or implement using both inside and outside of foot or implement in a game-like situation. MS.7.8

8. **Invasion Games/Sports-Shooting on Goal** MS.8
   8. Shoots on goal with appropriate force and accuracy during game like situations. MS.8.8

9. **Invasion Games/Sports-Defensive Skills** MS.9
   8. Executes a drop step. MS.9.8

10. **Games/Sports-Serving (Net/Wall)** MS.10
    8. Using a mature pattern executes a serve (underhand/overhand)for accuracy and distance. MS.10.8

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11. **Games/Sports-Striking (Net/Wall)** MS.11
    8. Strikes with an overhand pattern with appropriate distance and force during game like situations. MS.11.8
12. **Games/Sports-Forehand/Backhand** MS.12
    8. Using either a short or long handled implement, demonstrates forehand and backhands strokes in a game-like situation. MS.12.8
13. **Net/wall Games/Sports-Volley** MS.13
    8. Executes a forearm volley during game like situations. MS.13.8
14. **Game/Sports-Target (Striking)** MS.14
    8. Strikes a stationary object with an implement in game like situations. MS.14.8
15. **Games/Sports-Field(Strike)** MS.15
    8. Strikes a pitched ball with implement with force and accuracy in a game like situation. MS.15.8
16. **Games/Sports-Field (Fielding)** MS.16
    8. Catches (fields) an object in game like situations. MS.16.8
17. **Fitness (types of activities)** MS.17
    8. Engages in a workout to include aerobic, muscular strength/endurance and flexibility training. MS.17.8
18. **Fitness (intensity)** MS.18
    8. Selects and participates in a moderate or vigorous physical activity. MS.18.8
19. **Fitness (flexibility)** MS.19
    8. Engages in a flexibility warm-up that utilizes both dynamic and static stretches. MS.19.8
20. **Rhythms & Dance** MS.20
    8. Performs a student created dance with at least 32 counts. MS.20.8
21. **Rhythms & Dance** MS.21
    8. Performs a student created small group dance routine to a tempo of choice. MS.21.8
22. **Educational Gymnastics** MS.22
    8. Creates and performs an educational gymnastics routine to music with at least 4 elements. MS.22.8

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Aquatics MS.23

8. Demonstrates correct technique of front crawl. MS.23.8

24. Outdoor Pursuits MS.24

8. Demonstrates correct technique for basic skills in 3 selected outdoor activity (e.g., Rock Climbing, Orienteering, Hiking, Biking, Ropes Course). MS.24.8

Cognitive Concepts

1. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.1

8. Offers feedback to correct a peer's skill performance. CC.1.8

2. Peer Assessment (demonstrates higher level learning, offers feedback to peers) CC.2

8. Student creates a checklist to evaluate a peer's skill performance and use of tactic and strategies in game-like situations. CC.2.8

3. Games/Sports- Creating Space CC.3

8. Creates open space by staying spread on offense while cutting and passing quickly and using fakes off the ball. CC.3.8

4. Games/Sports- Reducing Space CC.4

8. Maximizes defensive coverage by working with teammates based on the situation. CC.4.8

5. Games/Sports-Denial CC.5

8. When appropriate, denies the pass or catch to work toward interception. CC.5.8

6. Games/Sports-Transition CC.6

8. Successfully transitions quickly from defense to offense while communicating with teammates thus capitalizing on an advantage. CC.6.8

7. Games/Sports-Tactics/Shots CC.7

8. Utilizes a variety of shots and placement to prevent opponent anticipation. CC.7.8

8. Games/Sports-Shot Selection CC.8

8. Controls speed and/or trajectory of the shot based on position of opponent or target. CC.8.8

9. Games/Sports-Offensive Strategies CC.9

8. Identifies different strategies to advance a teammate. CC.9.8

10. Outdoor Pursuits-Movement Concepts CC.10

8. Follows and implements safety procedures in self-selected activities. CC.10.8

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Fit Activity (FPA)

Physical Activity Knowledge FPA.1

8. Creates a list of a light, moderate, and vigorous activity that one can complete after school or on weekends. FPA.1.8

2. Fitness Knowledge FPA.2

8. Incorporates health and skill related fitness components in an individual fitness plan. FPA.2.8

3. Fitness Knowledge FPA.3

8. Utilizes the Rate of Perceived Exertion (RPE) scale to monitor and adjust workout intensity. FPA.3.8

4. Fitness Knowledge FPA.4

8. Uses the FITT Principle to design a workout. FPA.4.8

5. Fitness Knowledge FPA.5

8. Identifies strengthening exercises that will help performance in physical activities. FPA.5.8

6. Assessment & Planning FPA.6

8. Implements a fitness plan and assess effectiveness. FPA.6.8

Personal & Social Responsibility (PSR)

1. Personal and Social Responsibility PSR.1

8. Exhibits good sportsmanship during competitive play. PSR.1.8

2. Rules & Etiquette PSR.2

8. Applies rules and etiquette by acting as and interacting with officials during physical activity. PSR.2.8

3. Rules & Etiquette PSR.3

8. Resolves conflicts and accepts decisions of judgment in socially acceptable ways. PSR.3.8

4. Cooperation PSR.4

8. Works cooperatively with a large group to achieve group goals. PSR.4.8

Values Physical Activity (VPA)

1. Appreciation VPA.1

8. Recognizes differences in reasons why people participate in physical activity. VPA.1.8

2. Challenge VPA.2

8. Provides support for teammates in challenging situations. VPA.2.8