Washington Health and Physical Education

Physical: Grade 8

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Throw**
   8. Apply a throw (underhand and overhand) with mature pattern for distance and accuracy during modified game play. PE1.1.8
2. **Catch**
   8. Apply a catch with mature pattern with hands or an implement in modified game play. PE1.2.8
3. **Pass and Receive**
   8. Apply passing and receiving with an implement with competency (including leading pass) while moving, changing direction and speed and/or level in modified game play. PE1.3.8
4. **Dribble**
   8. Apply dribbling skills with hand, foot, or implement with competency while changing direction, speed, or level in modified game play. PE1.4.8
5. **Strike**
   8. Apply underhand and overhand striking with competency with and without an implement in modified game play. PE1.5.8
6. **Forehand and Backhand**
   8. Apply forehand and backhand strikes with accuracy with a short- or long-handled implement using weight transfer and correct timing in a modified game. PE1.6.8
7. **Shoot**
   8. Apply shooting on goal or target with power and accuracy in modified game play. PE1.7.8
8. **Serve**
   8. Apply an underhand and overhand serve with control, weight transfer, and competency in modified game play. PE1.8.8
9. **Volley**
   8. Apply forehand- and backhand-volleys with control and competency with and without a short- or long-handled implement during modified game play. PE1.9.8

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10. **Offensive Skills**
    8. Apply pivots, fakes, and give-and-go during modified game play. PE1.10.8
11. **Defensive Skills**
    8. Apply defensive positioning while moving without crossing feet during modified game play. PE1.11.8
12. **Individual-Performance Activities**
    8. Apply correct technique for a variety of skills in two selected individual performance activities. PE1.12.8
13. **Outdoor Pursuits**
    8. Apply correct technique for a variety of skills in two selected outdoor activities. PE1.13.8

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. **Invasion Games, Offensive Tactics**
    8. Apply at least three of the following offensive tactics to create open space: move to create open space on and off the ball; use a variety of passes, pivots, and fakes; use the width and length of the field or court on offense; create open space by staying spread out on offense; cut and pass quickly; use give-and-go; use fakes off the ball. PE2.1.8
2. **Invasion Games, Defensive Tactics**
    8. Apply concepts of reducing open space on defense by staying on the goal side of the offensive player and anticipating the speed of the object or person for the purpose of interception or deflection. PE2.2.8
3. **Invasion Games, Transitions**
    8. Apply transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. PE2.3.8
4. **Net and Wall Games, Creating Space**
    8. Apply concepts of open space in net and wall games by varying force or direction or by moving opponent from side to side and/or forward and backward. PE2.4.8
5. **Net and Wall Games, Tactics and Shots**
    8. Apply a variety of shots using placement, force, or timing to end rally. PE2.5.8
6. **Field and Strike, Offensive Tactics**
    8. Apply a variety of shots to open space in a game situation. PE2.6.8

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7. **Field and Strike, Defensive Tactics**
    8. Reduce open space in the field by working with teammates to maximize coverage. PE2.7.8
8. **Target Games**
    8. Apply the concepts of speed, force, and trajectory of a shot based on location of the object in relation to the target. PE2.8.8
9. **Movement and Rhythm**
    8. Apply concepts of mechanical advantage (Newton's Laws) to movement. PE2.9.8
10. **Outdoor Pursuits**
    8. Implement safe protocols in self-selected outdoor pursuits. PE2.10.8

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. **Benefit of Physical Activity**
    8. Explain connections between fitness and overall physical and mental health. PE3.1.8
2. **Engagement in Physical Activity**
    8. Participate in physical activity three times per week outside of physical education class. PE3.2.8
3. **Components of Fitness**
    8. Explain health-related and skill-related components of fitness for self-selected physical activities. PE3.3.8
4. **Health-Related Fitness**
    a. Describe impact of cardiorespiratory endurance, muscular endurance, and muscular strength on body composition. PE3.4.8.A
    b. Use a variety of appropriate static and dynamic stretching techniques for all major muscle groups. PE3.4.8.B
    c. Calculate target heart rate zone and adjust intensity during physical activity to stay in zone. PE3.4.8.C
5. **FITT Principle**
    8. Construct a personal workout using the FITT principle. PE3.5.8
6. **Phases of Exercise**
    8. Design and implement a warm-up or cooldown for a self-selected physical activity. PE3.6.8
7. **Engagement in Fitness Activities**
    8. Participate in a variety of self-selected fitness activities outside of school. PE3.7.8

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8. **Body Systems**
    8. Explain how respiratory, muscular, and skeletal systems interact with each other during physical activity. PE3.8.8

9. **Nutrition**
    a. Conduct and reflect on a personal caloric needs assessment based on age, gender, activity level, and specific health requirements. PE3.9.8.A
    b. Develop strategies for balancing healthy food, snacks, and water intake specific to daily physical activity. PE3.9.8.B

10. **Goal-Setting**
    8. Use a SMART goal to improve or maintain three areas of health-related fitness based on fitness assessments. PE3.10.8

11. **Physical Activity and Nutrition Log**
    8. Maintain and reflect on a personal physical activity and nutrition log and set goals for improvement. PE3.11.8

Students will exhibit responsible personal and social behavior that respects self and others.

1. **Personal Responsibility**
    8. Accept responsibility for improving one's own level of physical activity and fitness. PE4.1.8

2. **Rules and Etiquette**
    8. Apply rules and etiquette as an official for physical activities and games. PE4.2.8

3. **Receiving and Providing Feedback**
    8. Provide encouragement and feedback to peers without prompting. PE4.3.8

4. **Working with Others**
    8. Use cooperative skills and strategies that promote team or group dynamics. PE4.4.8

5. **Safety**
    8. Identify specific safety concerns associated with physical activity and fitness equipment. PE4.5.8

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. **Challenge**
    8. Apply strategies to overcome challenges in a physical activity. PE5.1.8

2. **Self-Expression and Enjoyment**
    a. Discuss how enjoyment can be increased in self-selected physical activities. PE5.2.8.A

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b. Identify and participate in an enjoyable activity that prompts individual self-expression. PE5.2.8.B

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3. Social Interaction

8. Demonstrate importance of social interaction by asking for help and helping others in various physical activities and games. PE5.3.8