Wisconsin Physical Education

8th Grade

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

Dance and Rhythms

1 Exhibit command of rhythm and timing by creating a movement sequence to music as a group. PE.S1.M1.8

Invasion Games: Throwing

2 Throw with a mature pattern for distance or power appropriate to the activity during small-sided game play, including those from other cultures. PE.S1.M2.8

Invasion Games: Catching

3 Catch using an implement in a smallsided game play. PE.S1.M3.8

Invasion Games: Passing and Receiving

4 Pass and receive with an implement in combination with locomotor patterns of running and change of direction, speed and level with competency within smallsided invasion games, including those from other cultures. PE.S1.M4.8

Invasion Games: Passing and Receiving

5 Throw a leading pass to a moving partner off a dribble or pass. PE.S1.M5.8

Invasion Games: Offensive Skills

6 Execute at least two of the following to create open space during small-sided game play: pivots, fakes, jab steps, screens, give and go. PE.S1.M6.8

Invasion Games: Dribbling/Object Control

7 Dribble with dominant and nondominant hands using a change of speed and direction in small-sided game play. PE.S1.M7.8

Invasion Games: Dribbling/Object Control

8 Foot-dribbles or dribbles with an implement with control, changing speed and direction and during small-sided game play, including those from other cultures. PE.S1.M8.8

Invasion Games: Shooting on Goal

9 Shoot on goal for power and accuracy in small-sided invasion games, including those from other cultures. PE.S1.M9.8

Skip to main content

vasion Games: Defensive Skills

10 Drop-step in the direction of the pass during player-to-player defense. PE.S1.M10.8

Net/Wall Games: Serving

11 Execute an underhand serve for distance and accuracy for net and wall games, including those from other cultures. PE.S1.M11.8

Net/Wall Games: Striking

12 Strike with a mature overhand pattern in modified net/wall games, including those from other cultures. PE.S1.M12.8

Net/Wall Games: Forehand and Backhand

13 Demonstrate the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games, including those from other cultures. PE.S1.M13.8

Net/Wall Games: Weight Transfer

14 Transfer weight with correct timing using low to high striking pattern with a long-handled implement on the forehand and backhand sides. PE.S1.M14.8

Net/Wall Games: Volley

15 Forehand and backhand volley with a mature form and control using a shorthandled implement during modified game play, including those from other cultures. PE.S1.M15.8

Net/Wall Games: Two-hand Volley

16 Two-hand volley with control in a smallsided game, including those from other cultures. PE.S1.M16.8

Target Games: Throwing

17 Consistently perform a mature throwing pattern, with accuracy and control, for target activity in a small-sided game, including those from other cultures. PE.S1.M17.8

Target Games: Striking

18 Strike, with an implement, a stationary object for accuracy and power in a smallsided game, including those from other cultures. PE.S1.M18.8

Fielding and Striking Games: Striking

19 Strike an object with an implement for power to open space in a variety of smallsided game play, including those from other cultures. PE.S1.M19.8

Fielding and Striking Games: Catching

20 Catch, using an implement, from different trajectories and speeds in small-sided game play, including those from other cultures. PE.S1.M20.8

Skip to main content

utdoor Pursuits/ Adventure Activities

21 Demonstrate correct technique for basic skills in at least two selected individual performance or outdoor activities. PE.S1.M21.8

Aquatics: Swim Skills

22 Demonstrate swim skills as described by the American Red Cross “Learn to Swim and Achieve” or any other nationally recognized swim program. Students may exhibit skills in any of the swim skill levels. PE.S1.M22.8

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

Invasion Games: Creating Space (with movement)

1 Open and close space during small-sided game play by combining locomotor patterns with movement concepts. PE.S2.M1.8

Invasion Games: Creating Space (with offensive tactics)

2 Execute during at least one small-sided game the following offensive tactics to create open space: moves to create open space on and off the ball; stay spread on offense; use a variety of passes, fakes, and pathways; give and go. PE.S2.M2.8

Invasion Games: Reducing Space (changing the size and shape)

3 Reduce open space on defense by staying on the goal side of the offensive player and reducing the distance to him/her (third-party perspective). PE.S2.M3.8

Invasion Games: Reducing Space (using denial)

4 Reduce open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. PE.S2.M4.8

Invasion Games: Transition

5 Transition from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. PE.S2.M5.8

Net/Wall Games: Creating Space (through variation)

6 Create open space in net/wall games with either a long- or short-handled implement by varying force or direction and by moving opponent from side to side and forward and back. PE.S2.M6.8

Net/Wall Games: Using Tactics and Shots

7 Vary placement, force, and timing of return to prevent anticipation by opponent. PE.S2.M7.8

Target Games: Shot Selection

8 Vary the speed, force, and trajectory of the shot based on the location of the object in relation to the target. PE.S2.M8.8

Fielding and Striking Games: Offensive Strategies

Use sacrifice situations and attempt to advance a teammate. PE.S2.M9.8

Skip to main content

Fielding and Striking Games: Reducing Space

10 Analyze and apply defensive strategy by collaborating with teammates to maximize coverage. PE.S2.M10.8

Movement Concepts, Principles, and Knowledge

11 Apply Newton's Three Laws of Motion to various physical activities. PE.S2.M11.8

Aquatics: Safety

12 Students for grades 6-8 will demonstrate knowledge of all water safety concepts as outlined by the American Red Cross or any other nationally recognized swim program. PE.S2.M12.8

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

Physical Activity Knowledge: Barriers

1 Evaluate personal barriers' long-term impacts on life and refine personal plans to eliminate barriers. PE.S3.M1.8

Fitness Knowledge: Components

2 Compare and contrast health-related fitness and skill-related fitness components. PE.S3.M2.8

3 Utilize available technology to self-monitor quantity of exercise needed for a minimal health standard and optimal functioning based on current fitness level. PE.S3.M3.8

4 Describe the role of flexibility in injury prevention. PE.S3.M4.8

5 Describe how to improve aerobic capacity, anaerobic capacity, muscular strength, and muscular endurance. PE.S3.M5.8

6 Apply the overload principle (FITT formula) in preparing a personal workout. PE.S3.M6.8

7 Design and implement a warm-up and cool-down regimen for a self- selected physical activity. PE.S3.M7.8

8A Demonstrate how the RPE Scale can be used to adjust workout intensity during physical activity. PE.S3.M8A.8

8B Adjusts pacing to keep heart rate in the target zone, using technology if available (e.g., heart rate monitor), to self-monitor aerobic intensity. PE.S3.M8B.8

9 Explain how body systems interact with one another (e.g., blood transports nutrients from the digestive system, oxygen from the respiratory system) during physical activity. PE.S3.M9.8

Assessment and Program Planning

10 Design and implement a program of remediation for three areas of improvement based on the results of health-related fitness assessment. PE.S3.M10.8

11 Design and implement a program to improve levels of health-related fitness and nutrition. PE.S3.M11.8

Skip to main content

..utrition: Healthy Nutritional Choices

12 Develop strategies for balancing healthy food, snacks, and water intake along with daily physical activity. PE.S3.M12.8

Mindfulness and Stress Management

13 Demonstrate basic movements used in other stress-reducing activities such as yoga and tai chi. PE.S3.M13.8

Knowledge Application

14 Plan and implement a fitness program to include aerobic, strength, endurance, functional fitness, and flexibility training. PE.S3.M14.8

15 Log and analyze participation in a selfselected lifetime activity outside of the school day. PE.S3.M15.8

16 Participate in moderate to vigorous aerobic and muscle- and bonestrengthening physical activity for at least 60 minutes a day at least 5 times a week. PE.S3.M16.8

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

Safety

1 Independently implement safety protocols and identify the impact of those decisions. (WSELC 22) PE.S4.M1.8

Social Awareness: Procedures and Protocols

2 Apply procedures and protocols by acting as an official for modified physical activities and games, and during individual activities. PE.S4.M2.8

Social Awareness

3 Respectfully acknowledge perceived difference and support diversity. (WSELC 14) PE.S4.M3.8

Self-management: Goal Setting

4 Assess and analyze the progress toward (S.M.A.R.T.) goals to determine next steps required to continue progressing. PE.S4.M4.8

Relationship Skills: Feedback

5 Independently provide and accept positive and constructive feedback to a peer using clear communication skills, to improve performance. (WSELC 17) PE.S4.M5.8

Relationship Skills: Conflict Resolution

6 Apply negotiation skills and conflict resolution strategies to resolve differences. (WSELC 19) PE.S4.M6.8

Decision-making

7 Explain how various factors and solutions influence decision-making. (WSELC 20) PE.S4.M7.8

Skip to main content

Th **ealth and Wellbeing**

recognize the value of

physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1 Explain the connections between physical activity, skill development and fitness to overall health and well-being. PE.S5.M1.8

Self-awareness and Self-management: Challenge and Growth Mindset

2 Independently, identify, integrate and utilize personal strengths in overcoming challenges for further development and success. (WSELC 11) PE.S5.M2.8

Self-expression and Enjoyment

3 Discuss how enjoyment could be increased in self-selected physical activities. PE.S5.M3.8

Self-expression and Enjoyment

4 Identify and participate in an enjoyable activity that prompts individual selfexpression. PE.S5.M4.8

Social Interaction

5 Identify expressions of empathy for others in various physical activities. PE.S5.M5.8

Social Interaction

6 Identify opportunities for social support in a self-selected physical activity or dance. PE.S5.M6.8