

Eighth Grade Physical Education Curriculum

MOTOR SKILLS

8.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.8.MS.1.1: Execute proficiently some complex combinations of movements specific to game, sport, or physical activity settings in at least two of the following activities for compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.
- PE.8.MS.1.2: Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small-sided game situations.
- PE.8.MS.1.3: Apply basic strategies and tactics that contribute to successful participation.
- PE.8.MS.1.4: Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

MOVEMENT CONCEPTS

8.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.8.MC.2.1: Integrate increasingly complex discipline-specific knowledge, such as biomechanics, with movement skills.
- PE.8.MC.2.2: Compare movement concepts and principles, and critical elements of activity, of performances representing different levels of skill.
- PE.8.MC.2.3: Integrate strategies and tactics within game play.
- PE.8.MC.2.4: Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

HEALTH-RELATED FITNESS

8.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.8.HF.3.1: Evaluate progress toward achieving health-related fitness standards, using the results to make improvements.
- PE.8.HF.3.2: Summarize the potential short- and long-term physical, social, and emotional impacts of physical activity as a positive lifestyle choice.
- PE.8.HF.3.3: Use a variety of resources to assess, monitor, and improve personal fitness.

PERSONAL/SOCIAL RESPONSIBILITY

8.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.8.PR.4.1: Analyze a variety of settings and situations to determine appropriate safety, ethics, and the form of social interaction.
- PE.8.PR.4.2: Exemplify well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.
- PE.8.PR.4.3: Compare factors in different cultures that influence the choice of physical activity and nutrition.