
Physical Education: Grade 8

To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

PESK Personal and Social Development Skills The student applies responsible personal and social development skills in a physical activity setting. In Grade 8 all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In Grade 8 all students will:

Standards:

- PE1a:** adapt combinations of specialized motor skills and patterns, competently, in modified versions of individual, dual, and team sports and other activities;
- PE1b:** demonstrate, without cue, critical elements in specialized skills related to sports (e.g., overhand throw for distance/force, serving and bumping, volleyball, shooting a basketball, shooting a lay-up, forehand and backhand, striking with a racquet or club, batting);
- PE1c:** design and perform sequences of dance steps/movements/rhythmic gymnastics with intentional changes in speed, direction, and flow;
- PE1d:** use correct terminology associated with modified sports and cooperative/challenge activities;
- PE1e:** set goals and monitor change in the development of movement skills in order to improve performance;
- PE1f:** create and monitor activities that provide practice of selected skills to improve performance (e.g., practice with nondominant hand, practice

specific game situations, practice jumps and cartwheels in both directions);

PE1g: assume responsibility for following rules and safety procedures in all physical activities; and

PE1h: select and use appropriate protective equipment for preventing injuries (e.g., helmets, elbow/kneepads, wrist guards, proper shoes, and clothing).

Strand:

PE2 Physical Activity and Fitness

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In Grade 8 all students will:

Standards:

PE2a: use the FITT Principle to analyze a daily log for all levels of physical activity performed throughout the week in school, at home, and in the community;

PE2b: analyze physical activities available for youth within the community that match personal interests and provide lifelong health benefits;

PE2c: demonstrate activities that measure and develop each component of one's health- and skill-related fitness goals;

PE2d: design and implement a personal three-week plan to achieve reasonable health and/or skill-related physical fitness goals and evaluate one's progress;

PE2e: compare and contrast the use of heart-rate monitors and manual methods in maintaining intensity of aerobic activity within one's target heart-rate zone; and

PE2f: demonstrate competency when performing individual and partner stretching as part of a warm-up and cool-down for specified sports and physical activities.