Physical Education: Grade 8

Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Displays willingness to receive and use feedback
- Accepts decisions of and responds, positively and cheerfully, to teachers or officials in charge of games/activities
- Chooses physical activity to experience fun, challenge, self-expression, and/or social interaction
- Displays interest in assisting and encouraging others' efforts
- Self-initiates behaviors that contribute to partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

Motor Skills & Movement Patterns

- Adapts combinations of specialized motor skills and patterns
- Demonstrates critical elements in specialized skills
- Designs and performs increasingly complex sequences of dance steps/movements/rhythmic gymnastics
- Uses correct sports terminology
- Sets goals and monitors change in movement skills
- Creates and monitors activities that provide skills practice
- Assumes responsibility for rules and safety procedures
- Selects and uses appropriate protective equipment

Physical Activity & Fitness

- Uses the FITT Principle (Frequency, Intensity, Time, and Type) to analyze a daily log
- Analyzes physical activities available within the community
- Demonstrates activities that measure and develop health- and skill-related fitness goals
- Designs and implements a personal three-week plan to achieve health- and skill-related physical fitness goals
- Compares and contrasts the heart-rate monitors and manual methods in maintaining intensity of aerobic activity
- Demonstrates competency when performing individual and partner stretching

*A DoDEA standards reference tool for teachers of grades PK–12. Complete standards for Physical Education are listed at the DoDEA Web site: http://www.dodea.edu (Standards & Curriculum—PK–12 Standards & Curriculum—Content Standards)