

8th Grade Physical Education

Student Learning Expectations



The student should be able to:

STANDARD 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- Volley an object using arms, hands or equipment back and forth with a partner.
- Throw a variety of objects demonstrating both accuracy and force.
- Keep an object going continuously with a partner or team using a striking pattern.
- Use basic offensive and defensive strategies in a team/individual sport.

STANDARD 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- Describe basic principles of training and how they improve fitness.
- Evaluate and correct errors in personal performance when performing a skill.
- Explain the impact of participation in selected sports/activities on various components of fitness.



STANDARD 3: Participates regularly in physical activities.

- Set personal fitness goals and strive to attain them through activities of their choosing.
- Accumulate a recommended number of minutes of moderate to vigorous activity three or more days a week.
- Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

STANDARD 4: Achieves and maintains a health-enhancing level of physical fitness.

- Demonstrate the ability to work independently, monitor and adjust to achieve personal fitness goals.
- Meet the age and gender-specific health-related fitness standards defined by Fitnessgram.
- Assess physical fitness status in terms of cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition.

STANDARD 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- Seek out, participate with and show respect for a peer of a lesser skill ability.
- Demonstrate behaviors both nonverbal and verbal that are supportive and inclusive in a physical activity.

STANDARD 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- Recognize physical activity as a positive opportunity for social and group interactions.
- Demonstrate behaviors, both nonverbal and verbal, that are supportive and inclusive in a physical activity.