

# Grade 8

Adopted 2010

## Motor Skills

### **1. Apply competent motor skills and movement patterns needed to perform a variety of physical activities. 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 or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics. PE.8.MS.1.1
  2. Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small-sided game situations. PE.8.MS.1.2
  3. Apply basic strategies and tactics that contribute to successful participation. PE.8.MS.1.3
  4. Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music. PE.8.MS.1.4
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## Movement Concepts

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

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

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

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

- 4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.** [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.4.1](#)
  2. Exemplify well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations. [PE.8.PR.4.2](#)