

# Grade 8

## Movement Forms/Development of Motor Skills

- 38** Demonstrate basic offensive and defensive strategy while participating in individual, dual, and team sports (e.g., lead-up games/activities) [WE.8.38](#)

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- 39** Practice basic techniques and safety procedures while participating in non-competitive lifetime physical activity (e.g., wear helmet and other protective gear, practice safe use of equipment). [WE.8.39](#)

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- 40** Participate in a variety of rhythm and movement skills (e.g., social dance, line dance). [WE.8.40](#)

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- 41** Identify characteristics of skilled performance in a sport or activity (e.g., rubric, self/peer assessment). [WE.8.41](#)

## Physical Activity

- 42** Evaluate the health benefits of two or more physical activities. [WE.8.42](#)

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- 43** Develop and implement a personal physical activity plan (e.g., where, when, cost, equipment, procedures). [WE.8.43](#)

## Physical Fitness

- 44** Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [WE.8.44](#)

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- 45** Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [WE.8.45](#)

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- 46** Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [WE.8.46](#)

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- 47** Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [WE.8.47](#)

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- 49** Implement personal fitness goals related to health related fitness (e.g., cardiovascular fitness, muscular strength, muscular endurance, body composition, flexibility) and skill related fitness (e.g., speed, agility, balance, reaction time, power, coordination). [WE.8.49](#)

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- 50** Apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program. [WE.8.50](#)

## Responsible Personal and Social Behavior

- 51** Demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (e.g., sportsmanship, fair play, use of safety equipment-goggles, helmets). [WE.8.51](#)

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- 52** Discuss situations that may lead to conflict and practice mediation skills (e.g., compromise, “I” messages). [WE.8.52](#)

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- 53** Discuss the effects of peer pressure on physical activity participation and performance. [WE.8.53](#)