

### **Grade Eight Outcomes:**

1. Compare and choose movement concepts and strategies used in the four basic categories of tactical games (net/wall, invasion, striking/fielding and target). (pe8.1.3.b)
2. Assess and justify a personal opinion of an individual or partner created movement sequence that expresses individuality. (pe8.1.2.a)
3. Participate and cooperate in a group game while demonstrating how to change and control the amount of force applied to an object to maintain possession or reach a moving target. (pe8.2.1.a)
4. Explain and apply how changes in the center of gravity affect balance and performance in a variety of physical activities. (pe8.2.2.a)
5. Analyze the validity of a practice plan, based on a checklist of skills and strategies, to successfully improve personal or peer performance. (pe8.3.2.a)
6. Modify and perform a complex motor task based on feedback, discussion, and a plan of improvement. (pe8.3.2.b)
7. Develop, implement, and assess a personal fitness plan and apply the FITT principle. (pe8.4.2.b)
8. Create and monitor personal fitness goals based on FITNESSGRAM test data. (pe8.4.2.a)
9. Choose and defend reasoning behind the selection of skill-related fitness activities as they apply to a personal goal. (pe8.4.3.c)
10. Participate in the PACER test and compare and contrast current and previous scores to the healthy fitness zone. (pe8.5.1.a)
11. Participate in modified pull-up/push-up and curl-up test(s) and compare and contrast current and previous scores to the health fitness zone. (pe8.5.2.a)
12. Participate in the sit and reach/shoulder stretch and trunk lift test(s) and compare and contrast current and previous scores to the healthy fitness zone. (pe8.5.3.a)
13. Create and teach a small group game including rules, procedures, and etiquette for safe physical activity settings. (pe8.6.1.b)
14. Demonstrate and justify self-regulation strategies in challenging physical activity settings. (pe8.6.3.a)

15. Explain reasoning behind the selection of appropriate conflict resolution strategies to foster a positive classroom environment. (pe8.6.3.b)