

Physical Education Grade 8

CONTENT AREA I: Team Sports

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms and proficiency in a few movement forms while applying movement concepts and principles to the development of motor skills in team sports.

Movement Objectives – The students will be able to:

- a. Use basic offensive and defensive strategies in modified versions of team sports.
- b. Explain and execute game strategies involved in playing tennis doubles.
- c. Describe the characteristics that enable success in serving, passing, and spiking.

Goal 2. The student will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness in team sports.

Fitness Objectives – The students will be able to:

- a. Participate in fitness-enhancing physical activities outside of school (e.g., youth sports).

Goal 3. The student will demonstrate the ability to:

- Show responsible personal and social behavior in physical activity settings.
- Understand and respect differences among people in physical activity settings.
- Explain how physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Attitude Objectives – The students will be able to:

- a. Observe the rules of a game or activity while in play.
- b. Support non-confrontation in conflicts that arise with others.
- c. Justify choices based on the safety of self and others.
- d. Use sensitivity during interpersonal interactions with respect to the feelings of others.
- e. Respect the physical and performance limitations of self and others.
- f. Resolve interpersonal conflicts with a sensitivity to the rights and feelings of others.

CONTENT AREA II: Individual/Dual Sports

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms and proficiency in a few movement forms while applying movement concepts and principles to the development of motor skills in individual and dual sports.

Movement Objectives – The students will be able to:

- a. Use basic offensive and defensive strategies in modified versions of individual sports.
- b. Describe principles of training and conditioning for specific physical activities.
- c. Conduct an investigation, using technology, to analyze how torque influences rotary movement.

Goal 2. The student will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness for individual and dual sports.

Fitness Objectives – The students will be able to:

- a. Participate in an individualized physical activity program designed with the help of the teacher.
- b. List long-term physiological and cultural benefits that may result from regular participation in physical activity.
- c. Maintain a record of moderate to vigorous physical activity.
- d. Perform mechanically correct weight training techniques.
- e. Plan a circuit weight-training program designed to meet physical fitness goals.
- f. Engage in physical activity of the target heart rate for a minimum of 20 minutes.
- g. Complete a health-related personal fitness test and work towards achieving fitness scores at an acceptable level based on self-selected goals.
- h. Design and conduct an investigation to determine the muscular, skeletal, and nervous system responses and adaptations to the over load and specificity principles.
- i. Conduct an investigation using technology to analyze how torque influences rotary movement.

Goal 3. The student will demonstrate the ability to:

- Show responsible personal and social behavior in physical activity settings.
- Understand and respect differences among people in physical activity settings.
- Explain how physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction

Attitude Objectives – The students will be able to:

- a. Identify positive and negative peer influences.
- b. Evaluate consequences when confronted with a behavior choice.
- c. Select positive ways to exert independence.

- d. Discriminate between the desire to “belong” to a peer group and the growing awareness of independent thoughts.
- e. Generate satisfaction when engaging in physical activity.
- f. Use positive attitudes and enhances skills in learning new activities.
- g. Extend skills in a favorite sport.
- h. Identify, implement, and evaluate solutions and strategies to overcome personal goal barriers.

CONTENT AREA III: Gymnastics, Rhythms, and Dance

Goal 1. The student will demonstrate the ability to achieve competency in many movement forms while applying movement concepts and principles to the development of motor skills in gymnastics, rhythms, and dance.

Movement Objectives – The students will be able to:

- a. Perform a variety of simple folk and square dances.

Goal 2. The student will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness while participating in gymnastics, rhythms and dance.

Fitness Objectives – The students will be able to demonstrate the ability to:

- a. Participate in fitness-enhancing physical activities outside of school (e.g., gymnastics).
- b. Maintain a record of moderate to vigorous physical activity.
- c. Conduct an investigation, using technology, to examine how the forces of inertia and momentum affect dynamic balance.

Goal 3. The student will demonstrate the ability to:

- Show responsible personal and social behavior in physical activity settings.
- Understand and respect differences among people in physical activity settings.
- Explain how physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interactions.

Attitude Objectives – The students will be able to:

- a. Explain the way sport and dance influences American culture.
- b. Produce the aesthetic and creative aspects of performance.