

HCPSS Physical Education

Grade 8 Course Indicators/Objectives

Standard 1: Motor Skills and Movement Patterns

- Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group. S1.G8.1
- Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play. S1.G8.2
- Catches an object from different trajectories and speeds in a dynamic environment or modified game play. S1.G8.3
- Passes and receives with an implement while changing direction, speed, and/or level, with competency. S1.G8.4a
- Throws a leading pass to a moving partner off a dribble or pass. S1.G8.4b
- Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens. S1.G8.5a
- Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. S1.G8.5b
- Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play. S1.G8.6a
- Foot-dribbles or dribbles with an implement with control, changing speed, and direction during small-sided game play. S1.G8.6b
- Shoots on goal with a long-handled implement for power and accuracy in modified invasion games. S1.G8.7
- Drop-steps in the direction of the pass during player-to-player defense. S1.G8.8
- Consistently executes an underhand serve for distance and accuracy for net and wall games. S1.G8.9
- Strikes with a mature overhand pattern in modified net or wall games. S1.G8.10
- Demonstrates the mature form of forehand and backhand strokes with a short or long-handled implement with power and accuracy in net games. S1.G8.11
- Transfers weight with correct timing using low-to-high striking pattern with a long-handled implement on the forehand and backhand sides. S1.G8.12
- Forehand and backhand volleys with a mature pattern and control using a short-handled implement during modified game play. S1.G8.13
- Two-hand volleys with control in a small-sided game. S1.G8.14
- Consistently propels an object with accuracy and control for target games. S1.G8.15
- Strikes a pitched ball with an implement for power to open space in a variety of small-sided games. S1.G8.16
- Catches a variety of objects from different trajectories and speeds in a dynamic environment or modified game play while using an implement. S1.G8.17
- Demonstrates correct technique for basic skills in at least two self-selected outdoor activities. S1.G8.18

- Demonstrates correct technique for basic skills in at least two self-selected individual performance activities. S1.G8.19

Standard 2: Concepts & Strategies

- Opens and closes space during small-sided game play with movement concepts. S2.G8.1
- Executes at least three of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes and pathways; give and go. S2.G8.2
- Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to the opponent. S2.G8.3
- Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. S2.G8.4
- Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. S2.G8.5
- Creates open space in net or wall games with either a long-handled or a short-handled implement by varying force or direction, or by moving opponent from side to side, and/or forward and backwards. S2.G8.6
- Varies placement, force, and timing of return to prevent anticipation by opponent. S2.G8.7
- Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. S2.G8.8
- Identifies sacrifice situations and attempts to advance a teammate. S2.G8.9
- Reduces open spaces in the field by working with teammates to maximize coverage. S2.G8.10
- Describes and applies mechanical advantage(s) for a variety of movement patterns. S2.G8.11a
- Implements safe protocols in self-selected outdoor activities. S2.G8.11b

Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Develops a plan to address one of the barriers within one's family, school, or community to maintaining a physically active lifestyle. S3.G8.1
- Participates in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. S3.G8.2a
- Plans and implements a program of cross-training to include aerobic, strength, endurance, and flexibility training. S3.G8.2b
- Participates in moderate to vigorous aerobic and/or muscle and bone- strengthening physical activity. S3.G8.2c
- Compares and contrasts health-related fitness components. S3.G8.3a

- Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. S3.G8.3b
- Employs a variety of appropriate static stretching techniques for all major muscle groups. S3.G8.3c

Standard 4: Responsible Personal and Social Behavior

- Accepts responsibility for improving one's own levels of physical activity and fitness. S4.G8.1a
- Uses effective self-monitoring skills to incorporate opportunities for physical activity. S4.G8.1b
- Provides encouragement and feedback to peers without prompting. S4.G8.2
- Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflicts. S4.G8.3a
- Cooperates with multiple classmates on problem-solving initiatives. S4.G8.3b
- Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters. S4.G8.4

Standard 5: Recognizes the Value of Physical Activity

- Identifies the components of health-related fitness and explains the relationship between fitness and overall physical and mental health. S5.G8.1a
- Analyzes the empowering consequences of being physically active. S5.G8.1b
- Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. S5.G8.2a
- Justifies that skills will develop over time with appropriate practice. S5.G8.2b
- Discusses how enjoyment could be increased in self-selected physical activities. S5.G8.3a
- Identifies and participates in an enjoyable activity that prompts individual self-expression. S5.G8.3b