

8th Grade Physical Education

<p>7.5 Movement</p> <p>All students will achieve optimal wellness by learning and applying movement concepts and skills.</p>	<p>A. Movement Skills and Concepts</p> <ul style="list-style-type: none"> § Demonstrate and explain mechanically correct form and control when using and combining movement skills in applied settings. § Analyze the impact of various applications of force and motion during physical activity. § Compare and contrast the use of movement skills across various forms of physical activity and transfer a movement skill from one activity to another. § Select information from internal (self-evaluation) and external (peers, teachers) sources to set goals to improve performance. § Compare and contrast the use of space and flow in physical activities. § Demonstrate and conclude how equilibrium, rotation, and range of motion impact the performance of movement skills. § Perform and assess the quality of movement flow in response to dynamic, interactive environments. § Analyze the application of balance and counterbalance when performing or observing movement skills. <p>B. Strategy</p> <ul style="list-style-type: none"> § Compare and contrast offensive, defensive, and cooperative strategies and use them effectively in applied settings. <p>C. Sportsmanship</p> <ul style="list-style-type: none"> § Analyze participant and observer behaviors for evidence of good sportsmanship. <p>D. Rules and Safety</p> <ul style="list-style-type: none"> § Employ general and activity specific rules and analyze their impact on participation in physical activity. § Analyze the use of safe warm-up strategies and explain the potential impact of unsafe practices. § Reflect and demonstrate the use of innovations that have made participation in physical activity safer and more enjoyable. § Predict how environmental conditions, such as heat, cold, lightning, or pollen impact participation in physical activity. <p>E. Sport Psychology</p> <ul style="list-style-type: none"> § Analyze various techniques used to mentally prepare for participation in physical activity, and use specific strategies, including visualization and positive self-talk, to prepare. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
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<p>7.6: Fitness</p> <p>All students will achieve optimal wellness by learning and applying fitness concepts and skills.</p>	<p>A. Fitness and Exercise</p> <ul style="list-style-type: none"> § Summarize the potential short- and long-term physical, social, and emotional benefits of regular exercise. § Prioritize activities that enhance specific components of fitness. § Hypothesize how factors such as health status, interests, environmental conditions, and available time impact personal fitness. § Examine the positive and negative impacts of technological advances on exercise, health, and fitness. § Summarize ways to achieve a healthy body composition through diet and physical activity. § Recognize how body systems adapt to acute exercise vs. regular exercise over a period of time. § Discriminate between facts and fallacies regarding the marketing of fitness products, services, and information. <p>B. Achieving and Assessing</p> <ul style="list-style-type: none"> § Assess and monitor physiological responses before, during and after exercise, and modify exercise appropriately in response. § Design a personal fitness plan, using health data and information from internal and external sources, and use technology to evaluate the implementation and outcomes of the plan. § Assess personal level of fitness and demonstrate individual progress toward improving each component of fitness. § Recreate exercise plan or routine to deal with changing environmental conditions. § Compare and contrast ways to determine fitness status. 	<p>1.1 - 1.20, 1.23, 1.26, 1.28, 1.30</p>
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