

Physical Education
Performance-based Grade Level Outcomes



Grade 8

Motor Skills and Movement Patterns

1. Creates an original movement sequence as an individual or with a partner. (S1.M1.8)
2. Demonstrates passing and receiving with an implement in authentic settings. (S1.M4.8)
3. Demonstrates forehand and backhand volleys with an implement in authentic settings. (S1.M16.8)

Applies Concepts, Principles, Strategies and Tactics

4. Develops strategies with teammates to reduce open space. (S2.M4.8, S2.M5.8)
5. Applies transitions from offense to defense or defense to offense in game play. (S2.M6.8)

Fitness Knowledge and Skills

6. Analyzes personal body composition levels through health-related fitness assessments. (S3.M1.8)
7. Identifies and performs static and dynamic activities to improve or maintain flexibility. (S3.M9.8)
8. Designs and implements a plan to improve two (2) areas of health-related fitness based on fitness assessments. (S3.M16.8)

Responsible Personal and Social Behavior

9. Demonstrates cooperation with multiple classmates on problem-solving initiatives. (S4.M5.8)

Recognizes the value of Physical Activity

10. Identifies and justifies activities that prompt enjoyment. (S5.M5.8)