



PHYSICAL EDUCATION – GRADE 8

In this course, students will understand and demonstrate the multifaceted benefits of physical activity including enjoyment, challenge, self-expression and interaction.

Forms of Movement

- a. Understand and demonstrate movement skills such as walking, running, sliding and jumping.
- b. Understand and demonstrate non-movement skills such as stretching, bending and twisting.
- c. Understand and demonstrate skills during lead-up games.
- d. Understand and demonstrate common elements in various manipulative skills.
- e. Demonstrate techniques in a variety of rhythmic activities such as dribbling a basketball, kicking a soccer ball, or volleying a tennis ball.

Motor Skill Development

- a. Apply special concepts in a variety of games.
- b. Demonstrate basic manipulative skills and concepts of specialized sports skills.
- c. Perform sequences of movement skills in selected activities.

Lifestyle

- a. Assess personal fitness and set goals.
- b. Participate in a variety of health-promoting activities.
- c. Understand the relationship between proper nutrition and physical activity.
- d. Apply the concepts of exercise frequency, intensity, time and type.

Responsible Behavior

- a. Demonstrate sensitivity and the ability to resolve conflicts.
- b. Understand and demonstrate respect for differences among people.
- c. Identify inclusive and exclusive behavior.
- d. Participate in activities with different genders, abilities, skills and cultures.

Literacy

- a. Compose a journal related to daily fitness activities.