

## Physical Education – Grade 8

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

- I. 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.
- II. 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.
- III. 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.
- IV. 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.
- V. Literacy
  - a. Compose a journal related to daily fitness activities.



# DAVIS ESSENTIAL SKILLS & KNOWLEDGE

