

## 8<sup>th</sup> Grade Physical Education – What Your Child Will Learn

State Standard	Exit Outcome	Assessment/Rubric
Skillfulness 1.C.1.a	Use defensive strategies for modified net/wall games	Defensive Strategies for Modified Net/Wall Games Rubric
Skillfulness 1.C.1.b	Choose and apply movement strategies for student success during game play	Choose and Apply Movement Strategies Rubric
Biomechanical Principles 2.A.1.a	Demonstrate mature skills and force application to strike or kick accurately to a moving target	Control Force to Strike or Kick Accurately to a Moving Target Rubric
Biomechanical Principles 2.A.1.b	Demonstrate mature throwing skills and force application to throw accurately to a moving target	Force Application in Throwing Accurately to a Moving Target Rubric
Motor Learning Principals 3.B.1.a	Analyze a practice plan for skill improvement based upon a checklist	Analyze a Practice Plan for Skill Improvement Rubric
Exercise Physiology 4.B.1.b	Assess a fitness plan based on the FITT guidelines for physical activity	Fitness Plan Worksheet and Reflection
Physical Activity 5.A.1.a	Engage in a health-related fitness assessment for cardiorespiratory endurance and assess results	Participate in a Fitness Assessment for Aerobic Capacity Rubric
Physical Activity 5.A.1.b	Reflect on results of a health-related fitness assessment to improve personal goals for fitness	Justify Personal Goals for Aerobic Capacity Rubric (This goes hand in hand with 4.B.1.b)
Physical Activity 5.B.1.a	Engage in a health-related fitness assessment for muscular strength and endurance	Participate in a Fitness Assessment for Muscular Strength and Endurance Rubric

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Physical Activity 5.C.1.a	Engage in a health-related fitness assessment for flexibility	Participate in a Fitness Assessment for Flexibility Rubric
Social Psychological Principles 6.A.1.b	Applies self-control and safe practices for activities	Applies Self-Control and Safe Practices Rubric
Social Psychological Principles 6.C.1.b	Resolves conflict and promotes respect for others during activity	Resolve Conflict and Promote Respect for Others Rubric