



The physical education standards in the middle school years focus on enhancing health-related and skill-related components of fitness and demonstrating knowledge and applying fitness principles and movement skills and strategies in a variety of physical activities. In each grade, the standards ask students to refine various movement concepts, strategies, and skills, analyze performance and provide feedback to peers, set and assess fitness goals, recognize diversity in skills of others, collaborate with students with varying abilities, and utilize safety procedures during physical activities.

Expectations for 8th Grade Students:

- **Movement Competence and Understanding:** Demonstrate competency in a variety of motor skills and movement patterns; understand and apply game strategies to physical activities and sports.
- **Physical and Personal Wellness:** Identify areas for growth and design personal goals utilizing assessment and program planning concepts; identify preferences for lifetime physical activity.
- **Emotional and Social Wellness:** Recognize diverse skill performance in self and in others and how diversity affects activities, games, and sport participation.
- **Prevention and Risk Management:** Apply rules, procedures, and safe practices to create a safe school environment with no reinforcement.

Throughout 8th Grade You May Find Students:

- Analyzing motor skills and movement patterns through a variety of skill assessments.
- Diagramming, explaining, and justifying offensive and defensive strategies in net/wall, target, invasion, and fielding/run-scoring games.
- Planning and implementing an extended personal physical fitness plan in collaboration with an instructor utilizing assessment data.
- Matching personal preferences in physical activities with each of the five components of health-related physical fitness.
- Participating with others in all types of physical activity, regardless of their race or ethnicity, gender, or culture.
- Identifying and demonstrating best practices for safe participation in all physical activities.