

Kentucky Academic Standards for Physical Education Grade 8

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.	
Practices for Movement Competency: Physically literate individuals practice skills for achieving competency and confidence in a variety of physical activities. These performance indicators focus on identifying skills that will help students effectively engage in lifelong physical activities.	
Performance Indicators	
Combinations of Movement Patterns and Skills	<p>8.1.MP. Apply advanced movement concepts, principles, strategies and tactics when learning and performing physical activities.</p> <p>8.1.MP. Demonstrate refined and combined motor skills in a variety of games and activities.</p> <p>8.1.MP. Perform controlled movements incorporating strategy in game-like situations.</p>
Manipulative Skills	<p>8.1.MS1. Apply locomotor, non-locomotor and manipulative skills while using appropriate performance cues in game-like situations.</p>
Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.	
Application of Performance: Physically literate individuals understand the purpose of movement through performance. These performance indicators focus on quality of movement that enhances physical activity experiences critical to their development and long-term success as healthy and productive citizens.	
Performance Indicators	
Combinations of Movement Concepts	<p>8.2.MC1. Demonstrate how movement concepts, principles and game strategies and critical elements of activity-specific movement skills represent skilled performance.</p> <p>8.2.MC2. Demonstrate how motor skills and techniques are refined, combined and varied in specialized skilled performance.</p>
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
Demonstrate a Health-Enhancing Level of Physical Activity: Physically literate individuals understand the benefits and implications of lifelong physical activity to improve their quality of life. Understanding one’s overall physical health and fitness status provides the basis for personal responsibility. These performance indicators focus on empowering students to commit to being lifelong physically active individuals.	
Performance Indicators	

Physical Activity Knowledge and Engagement	8.3.PA1. Evaluate the physical, social and mental/emotional benefits of being physically active. 8.3.PA2. Use available technology to self-monitor physical activity and adjust activities based on current fitness level.
Physical Fitness Knowledge	8.3.PF1. Apply the FITT principle to prepare a personal workout based on current fitness goals.
Nutrition	8.3.N1. Describe the relationship between poor nutrition and health risk factors.
Stress Management	8.3.SM1. Explain how physical activity helps with stress reduction.
Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.	
Demonstrate Personal and Social Behavior: Physically literate individuals respect themselves and others in physical activity settings. These performance indicators focus on the positive development of personal, responsible and social behaviors that are demonstrated through sportsmanship, etiquette, safety, teamwork, cooperation and conflict resolution skills.	
Performance Indicators	
Social Interactions/Working with Others	8.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.
Rules and Etiquette	8.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities. 8.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict.
Safety	8.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Demonstrate Value of Physical Activity: Physically literate individuals value physical activity and its contribution to a healthy lifestyle. These performance indicators focus on an active lifestyle as a vehicle for enjoyment, advocacy, challenge and social interaction of a healthy community.	
Performance Indicators	
Health	8.5.H1. Evaluate how personal physical, emotional/mental and social benefits gained from regular participation in physical activities support the goals of a healthy lifestyle.
Challenge	8.5.C1. Develop a plan of action when faced with individual challenges during physical activities that will contribute to a healthy lifestyle.

Self-Expression and Enjoyment	8.5.SE1. Analyze the impact of intrinsic and extrinsic motivation levels when participating in physical activity.
Social Interaction	8.5.SI1. Demonstrate respect for self and others by asking for help and/or helping others in various activities.
Advocacy	8.5.A1. Collaborate with others to advocate for individuals, families and schools to be physically active.