

**EIGHTH GRADE
Physical Education
PRIORITY STANDARDS**

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	
PE.1.8.2	Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment.
PE.1.8.4	Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed Note
PE.1.8.5	Dribbles with dominant and non-dominant hands or feet using a change of speed and direction in a dynamic environment.
PE.1.8.6	Shoots on goal with power and accuracy as appropriate to the activity in a dynamic environment.
PE.1.8.7	Executes a legal underhand or overhand serve for net/wall games such as pickleball, tennis, badminton, or volleyball in a dynamic environment.
PE.1.8.8	Demonstrates the mature form of forehand and backhand strokes in net games with power and accuracy in a dynamic environment.
Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	
PE.2.8.2	Executes at least 3 of the following offensive tactics to create open space: moves to create open space on and off the ball; uses a variety of passes, fakes and pathways; give & go.
PE.2.8.3	Adjusts open space on defense by staying on the goal side of the offensive player and reducing the distance as needed.
PE.2.8.6	Creates open space in net/wall games by varying force or direction, or by moving opponent from side to side and/or forward and back.
PE.2.8.7	Varies placement, force and timing of return of offensive shot.
PE.2.8.8	Varies the speed and trajectory of the shot based on location of the object in relation to the target.
PE.2.8.9	Identifies open spaces and attempts to strike object into that space. Examples of field/striking games include: softball, kickball, etc.
Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
PE.3.8.6	Employs a variety of appropriate static stretching techniques for all major muscle groups.
PE.3.8.8	Designs and implements a warm-up/cool-down regimen for a self-selected physical activity.
Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.	
PE.4.8.2	Provides encouragement and feedback to peers without prompting from the teacher.
PE.4.8.3	Responds appropriately to participants' ethical and unethical behavior during physical activity by using established rules and guidelines for resolving conflicts.
PE.4.8.5	Applies rules and etiquette by acting as an official or modifying physical activities/games and rhythmic activities.
Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
PE.4.8.5	Demonstrates the importance of social interaction by helping and encouraging others, providing support to classmates.