

Strand 1 – Movement					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
					TS.1A Demonstrate consistency using all the basic offensive skills of a sport while participating in a game such as dribbling, batting, or spiking competently in a dynamic setting.
				IS.1A Exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling.	
PE.8.1H Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses.		AOE.1A Demonstrate consistency in the execution of the basic skills of adventure/outdoor education activities.		IS.1B Consistently perform skills and strategies and follow rules at a basic level of competency.	
		AOE.1B Demonstrate understanding of the rules, skills, and strategies of an activity and can apply them appropriately.			
	FPF.1A Apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression.	AOE.1C Develop an appropriate conditioning program for the selected activity.			
PE.8.1A Coordinate movements with team mates to achieve team goals.					

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					TS.1B Demonstrate consistency using all the basic defensive skills of a sport while participating in a game such as guarding, trapping, blocking, fielding, tackling, or goalkeeping competently in a dynamic setting.
	FPF.1B Apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.				
PE.8.1B Demonstrate appropriate relationships of the body to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.					
PE.8.1C Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, or kicking.					
PE.8.1D Perform selected folk, country, square, line, creative, and/or aerobic dances.					
PE.8.1E Design and perform sequences of dance steps/movements into practiced sequences with intentional changes in speed, direction, and flow.					

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PE.8.1F Demonstrate without cue critical elements in specialized skills related to sports such as overhand throw for distance/force, serving and bumping, volleyball, shooting a basketball, shooting a lay-up, forehand and backhand striking with a racket or club, or batting.					
PE.8.1G Combine skills competently to participate in modified versions of team and individual sports.					
			AA.2A Use internal and external information to modify movement during performance.	IS.2A Use internal and external information to modify movement during performance.	TS.2A Use internal and external information to modify movement during performance.
			AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.	IS.2B Describe appropriate practice procedures to improve skill and strategy in a sport.	TS.2B Describe appropriate practice procedures to improve skill and strategy in an activity.
PE.8.2A Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand, practice specific game situations, and practice jumps or cartwheels in both directions.					
		AOE.2C Develop an appropriate conditioning program for the selected activity.	AA.2C Develop an appropriate conditioning program for the selected sport.	IS.2C Develop an appropriate conditioning program for the selected activity.	
		AOE.2D Identify correctly the critical elements for successful performance within the context of the activity.	AA.2D Identify correctly the critical elements for successful performance of a sport skill.		



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PE.8.2B Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving.					
PE.8.2C Describe the importance of goal setting in improving skill.					
PE.8.2D Detect and correct errors in his/her or partner's skill performance.					
PE.8.2E Make appropriate changes in performance based on feedback.					
PE.8.2F Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.					
PE.8.2G Use basic offensive and defensive strategies while playing a modified version of a sport.					



Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
			AA.1A Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.		
			AA.1B Consistently perform skills, strategies, and rules at a basic level of competency.		
		AOE.2A Use internal and external information to modify movement during performance.			
		AOE. 2B Develop an appropriate conditioning program for the selected activity.			
		AOE. 2C Identify correctly the critical elements for successful performance within the context of the activity.			
			AA.4A Evaluate risks and safety factors that may effect aerobic activity preferences throughout the life span.	IS.5A Evaluate risks and safety factors that may affect individual sport preferences.	TS.6A Evaluate risks and safety factors that may affect sport preferences.
	FPF.3A Demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear.				
PE.8.5A Use equipment safely and properly					

Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
PE.8.5B Select and use proper attire that promotes participation and prevents injury.			AA.4B Identify and apply rules and procedures that are designed for safe participation.	IS.5B Identify and follow safety procedures when participating in individual sports.	TS.6B Identify and apply rules and procedures that are designed for safe participation in team sports.
	FPF.3B Describe examples and exercises that may be harmful or unsafe.		AA.4C Explain why and how a rule provides safe practices in participation.	IS.5C Describe equipment and practices that prevent or reduce injuries.	
			AA.4D Describe equipment and practices that decrease the likelihood of injury such as proper footwear.		
					TS.6C Identify team sports that achieve health-related fitness goals in both school and community settings.
	FPF.3C Explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise.				
PE.8.5C Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.					
					TS.6D Participate regularly in team sports.
	FPF.3D Identify the effects of substance abuse on physical performance.				

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Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
PE.8.5D Analyze exercises for their effects on the body such as beneficial/potentially dangerous.					
PE.8.5E Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.					
PE.8.3A Describe and select physical activities that provide for enjoyment and challenge.		AOE.3A Select and participate in adventure/outdoor education activities that provide for enjoyment and challenge.	AA.3A Select and participate in aerobic activities that provide for enjoyment and challenge.	IS.4A Select and participate in individual sports that provide for enjoyment and challenge.	TS.4A Select and participate in individual (team) sports that provide for enjoyment and challenge.
PE.8.3D Identify favorite lifelong physical activities.					
			AA.3B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.	IS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.	TS.4B Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.
PE.8.3B Identify opportunities in the school and community for regular participation in physical activity.					
		AOE.3B Analyze and compare health and fitness benefits derived from participation in adventure/outdoor education activities.	AA.3C Analyze and compare health and fitness benefits derived from participating in selected aerobic activities.	IS.4C Analyze and compare health and fitness benefits derived from participating in selected individual sports.	TS.4C Describe the health and fitness benefits derived from participating in selected team sports.



Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
PE.8.3C Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities;					
		AOE.3C Establish realistic yet challenging health-related fitness goals.	AA.3D Establish realistic yet challenging health-related fitness goals.	IS.4D Establish realistic yet challenging health-related fitness goals for selected individual sports.	TS.4D Establish realistic yet challenging health-related fitness goals.
PE.8.3E Participate in moderate to vigorous physical activity for a sustained period of time on a regular basis.					
PE.8.3H Evaluate personal fitness goals and make appropriate changes for improvement.		AOE.3D Develop and participate in a personal fitness program that has the potential to meet identified goals.	AA.3E Develop and participate in a personal fitness program that has the potential to provide identified goals.	IS.4E Explain the interrelatedness between selected individual sports and a personal fitness program.	TS.4E Develop and participate in a personal fitness program that has the potential to provide identified goals.
PE.8.3F Maintain healthy levels of flexibility.		AOE.3E Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.	AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.	IS.4F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.	TS.4F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.
PE.8.3G Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.					
PE.8.3I Select and use appropriate technology tools to evaluate, monitor, and improve physical development.		AOE.3F Select and use appropriate technology tools to evaluate, monitor, and improve physical development.	AA.3G Select and use appropriate technology tools to evaluate, monitor, and improve physical development.		



Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
			AA.3H Explain the effects of substance abuse on personal health and performance in physical activity.	IS.4G Explain the effects of substance abuse on personal health and performance in physical activity such as side effects of steroid use.	
		AOE.4A Identify and apply the health-related fitness principles to outdoor activities.			
		AOE.4B Analyze the strengths and weaknesses of adventure/outdoor education activities and their effects on a personal fitness program.			
		AOE.4C Show evidence of developing and maintaining health-related fitness.			
		AOE.4D Explain and follow safety procedures during adventure/outdoor education activities.			
		AOE.4E List and describe safety equipment used in outdoor activities.			
		AOE.4F Design safe and appropriate practices/procedures to improve skill in an activity.			
	FPF.4A Explain the relationship between physical fitness and health.				

Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
	FPF.4B Participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.				
	FPF.4C Demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed.				
	FPF.4D Compare and contrast health-related and skill-related fitness.				
	FPF.4E Describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test.				
	FPF.4F List and describe the components of exercise prescription such as overload principle, type, progression, or specificity.				
	FPF.4G Design and implement a personal fitness program.				
	FPF.4H Evaluate consumer issues related to physical fitness such as marketing claims promoting fitness products and services.				
	FPF.5A Investigate positive and negative attitudes towards exercise and physical activities.				



Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
PE.8.4A List long term physiological and psychological benefits that may result from regular participation in physical activity.					
PE.8.4B Select aerobic exercises and describe the effects on the heart and overall health.					
PE.8.4C Assess physiological effects of exercise during and after physical activity.	FPF.5C Explain how over training may contribute to negative health problems such as bulimia and anorexia.				
	FPF.5D Analyze the relationship between sound nutritional practices and physical activity.				
	FPF.5E Explain myths associated with physical activity and nutritional practices.				
PE.8.4D Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.					
PE.8.4E Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.					TS.5A Discuss training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.

Strand 2 – Physical Activity and Health					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
PE.8.4F Describe and predict the effects of stress management techniques on the body.	FPF.5B Describe physical fitness activities that can be used for stress reduction.				
PE.8.4G Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.	FPF.5F Analyze methods of weight control such as diet, exercise, or combination of both.				TS.5B Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.
PE.8.4H Recognize the effects of substance abuse on personal health and performance in physical activity.					TS.5C Explain the effects of substance abuse on personal health and performance in physical activity.
	FPF.5G Identify changeable risk factors such as inactivity, smoking, nutrition, and stress that affect physical activity and health.				

Strand 3 – Social Development					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
				IS.3A Acknowledge good play from an opponent during competition.	TS.3A Acknowledge good play from an opponent during competition.
				IS.3B accept the roles and decisions of officials;	TS.3B Accept the roles and decisions of officials.
				IS.3C Demonstrate officiating techniques.	TS.3C Demonstrate officiating techniques.
				IS.3D Research and describe the historical development of an individual sport.	TS.3D Research and describe the historical development of an individual sport.
	FPF.2A Apply rules, procedures, and etiquette.		AA.3A Evaluate personal skills and set realistic goals for improvement.	IS.6A Evaluate personal skills and set realistic goals for improvement.	TS.7A Evaluate personal skills and set realistic goals for improvement.
PE.8.7D Accept decisions made by game officials including student, teachers, and officials outside the school.				IS.6E Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.	TS.7E Display appropriate etiquette while participating in a sport.
PE.8.7A Solve problems in physical activities by analyzing causes and potential solutions.					
			AA.3B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.	IS.6B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.	TS.7B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.
	FPF.2B Recognize and resolve conflicts during physical activity.				
PE.8.7B Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.					



Strand 3 – Social Development					
Grade 8	Foundation of Personal Fitness	Adventure Outdoor Education	Aerobic Activities	Individual Sports	Team Sports
PE.8.7C Identify and follow rules while playing sports and games.					
			AA.3D Anticipate potentially dangerous consequences of participating in selected aerobic activities.	IS.6D Anticipate potentially dangerous consequences of participating in selected individual sports.	TS.7D Anticipate potentially dangerous consequences of participating in selected team sports.
PE.8.7E Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.					
PE.8.6A Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.					
PE.8.6B Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feeling the movement, and fielding-back up other players.					