

GRADE EIGHT

2.6 Develop and teach a team game that uses elements of spin or rebound, designated offensive and defensive space, a penalty system, and a scoring system.

Students assess and maintain a level of physical fitness to improve health and performance.

3.1 Assess the components of health-related physical fitness (muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition) by using a scientifically based health-related physical fitness assessment.

3.2 Refine individual personal physical fitness goals for each of the five components of health-related physical fitness, using research-based criteria.

3.3 Plan and implement a two-week personal physical fitness plan in collaboration with the teacher.

3.4 Participate in moderate to vigorous physical activity a minimum of four days each week.

3.5 Assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program.

3.6 Participate safely in moderate to vigorous physical activity when conditions are atypical (weather, travel, injury).

Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

4.1 Develop a two-week personal physical fitness plan specifying the proper warm-up and cool-down activities and the principles of exercise for each of the five components of health-related physical fitness.

4.2 Identify appropriate physical activities that can be performed if one's physical fitness program is disrupted by inclement weather, travel from home or school, or a minor injury.

4.3 Identify ways of increasing physical activity in routine daily activities.

4.4 Identify and apply basic principles in weight/resistance training and safety practices.

4.5 Explain the effects of nutrition and participation in physical activity on weight control, self-concept, and physical performance.

4.6 Explain the different types of conditioning for different physical activities.

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Self-Responsibility

5.1 Abide by the decisions of the officials, accept the outcome of the game, and show appreciation toward participants.

5.2 Organize and work cooperatively with a group to achieve the goals of the group.

5.3 Identify and evaluate three preferences for lifelong physical activity and determine one's responsibility for developing skills, acquiring knowledge of concepts, and achieving fitness.

Social Interaction

5.4 Identify the contributions of members of a group or team and reward members for accomplishing a task or goal.

Group Dynamics

5.5 Accept the roles of group members within the structure of a game or activity.

5.6 Describe leadership roles and responsibilities in the context of team games and activities.

5.7 Model support toward individuals of all ability levels and encourage others to be supportive and inclusive of all individuals.