

GRADE 8

INTERMEDIATE TEAM SPORTS

Strand 1: Students will achieve a level of competency in motor skills and movement patterns.

Students in grade eight will continue to participate in a variety of instructional physical activities. Experiences increase complexity in content, concept and skill development for a broad spectrum of activities. Students continue to practice skills in modified games, but increasingly participate in activities that are regulation games with more complex playing environments. This class incorporates more in-depth instruction training principles that can enhance health-related fitness as students progress in achieving personal fitness goals.

- **Standard G8.1.1** Demonstrate competency in a variety of movement forms and proficiency in some movement forms.
- **Standard G8.1.2** Apply manipulative skills in a variety of individual, dual, and team sport-specific activities.
- **Standard G8.1.3** Demonstrate weight transfer that is common for a variety of skills (e.g., throwing, batting, and kicking).
- **Standard G8.1.4** Perform manipulative skills while working individually (e.g., throw, kick, and strike a variety of objects, demonstrating both accuracy and force).
- **Standard G8.1.5** Combine manipulative skills while working with a partner or within a small group (e.g., hit a ball and run to base, dribble and shoot a basketball while being guarded, catch and throw a Frisbee).
- **Standard G8.1.6** Demonstrate body and target alignment that are common for a variety of skills (e.g., receiving a serve, catching a ball, catching a Frisbee).
- **Standard G8.1.7** Demonstrate how opposition and follow-through are common for a variety of skills (e.g., throwing, tennis serve, soccer kick, volleyball spike, basketball lay-up).
- **Standard G8.1.8** Use correct technique in a variety of lead-up games.
- **Standard G8.1.9** Create and perform a variety of dances such as square, folk, aerobic, modern, ballroom, line, and cultural.
- **Standard G8.1.10** Create and perform a variety of activities that combine traveling, rolling, balancing, and weight transfer into a smooth-flowing sequence.

Strand 2: Students will apply knowledge to attain efficient movement and performance.

Students will use tactics utilizing space, pathways, shapes, levels, speed, direction, force, and strategy for effective movement in an activity setting. Students will utilize defensive and offensive strategies to gain advantage in a game setting.

- **Standard G8.2.1** Demonstrate through participation, ways to link and transfer basic manipulative skills and concepts to specialized sports' skills.
- **Standard G8.2.2** Identify and demonstrate similarities and differences between motor skills (e.g., the badminton smash and volleyball spike, drop kick in soccer and punt in football).
- **Standard G8.2.3** List goals and monitor changes in the development of movement skills to improve performance.
- **Standard G8.2.4** In a game situation, move to open spaces to receive a pass while playing traditional or non-traditional sports or activities.
- **Standard G8.2.5** Cover a specific area of the court or field while playing traditional or non-traditional sports or activities.
- **Standard G8.2.6** Establish a ready position in preparation for skill performance (e.g., receiving a volleyball serve or ground ball in softball or lacrosse).
- **Standard G8.2.7** Strike or throw a ball to a specific target.
- **Standard G8.2.8** Throw and catch a Frisbee while running.

Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.

Students will identify the components of designing, monitoring, and evaluating physical fitness, understanding the importance of attention to minimal fitness needs and implementing essential components to maintaining a lifetime of fitness.

- **Standard G8.3.1** Assess personal level of fitness and maintain a basic exercise plan, including all components of health related fitness (e.g., assessment of strength, muscular endurance, cardiovascular endurance, flexibility).
- **Standard G8.3.2** Design and implement a personal exercise plan based on fitness assessment results.
- **Standard G8.3.3** Monitor progress by utilizing advanced techniques, including computer programs.
- **Standard G8.3.4** Change activities or alter game rules to enhance fitness benefits (e.g., eliminate time-outs, play soccer instead of volleyball to meet cardiovascular goals).

- **Standard G8.3.5** Explore a variety of nontraditional physical activities for personal interest inside and outside of class (e.g., orienteering, field hockey, hiking).
- **Standard G8.3.6** Define the components of health related fitness, describe application of the components, and create activities that are appropriate for improvement for each component.
- **Standard G8.3.7** Describe the relationship between physical activity and food intake.
- **Standard G8.3.8** Discuss the concept of energy balance.
- **Standard G8.3.9** Complete a two-day diet and activity log. Using log information, identify poor food choices and healthy alternatives.
- **Standard G8.3.10** Describe a diet for optimal physical performance.
- **Standard G8.3.11** Demonstrate proper posture while performing selected activities and exercises.
- **Standard G8.3.12** Identify exercises that contribute to trunk stabilization and the importance of equal strength in opposing muscle groups.
- **Standard G8.3.13** Examine, monitor, and improve execution of motor skills using technological resources.
- **Standard G8.3.13** Using technology, provide skill feedback and analysis of movement (e.g., comparing the speed of approach and body position in the long jump, rotation of the trunk, and angle of release of the shot put).

Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.

Students exhibit personal responsibility in a group setting by working well with others, accepting feedback, understanding how rules and etiquette contribute to a safe and enjoyable environment. Students will review outdoor pursuits and understand how setting is an important factor to ensure a safe and enjoyable experience.

- **Standard G8.4.1** Demonstrate the ability to make responsible choices in activity settings.
- **Standard G8.4.2** Demonstrate while participating compliance with activity rules and procedures.
- **Standard G8.4.3** Practice safe behaviors relative to others.
- **Standard G8.4.4** Strive to keep the importance of winning and losing in perspective.
- **Standard G8.4.5** Accept and consider constructive criticism or feedback for teacher and peers.
- **Standard G8.4.6** Demonstrate the ability to work and support others with both teammates and opponents.

- **Standard G8.4.7** Develop a democratic plan to solve problems or make decisions in physical activity.
- **Standard G8.4.8** Seek out, participate with, and show respect for persons of like and different genders, abilities, skills, and cultures.
- **Standard G8.4.9** Value the role of games, sports, and dance in getting to know and respect others of various cultural backgrounds.

Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.

Students understand that physical activity provides the opportunity for enjoyment, challenges, self-expression, and social interaction.

- **Standard G8.5.1** Recognize that physical activity provides opportunities for enjoyment.
- **Standard G8.5.2** Celebrate the successes and achievements of self and others.
- **Standard G8.5.3** Recognize that physical activity provides opportunities for challenge.
- **Standard G8.5.4** Develop personal strategies for overcoming fear of participating in new activities.
- **Standard G8.5.5** Recognize that physical activity provides opportunities for self-expression.
- **Standard G8.5.6** Use creative means to express the aesthetic and creative aspects of performance (e.g., collages, poems, posters, slide show, video, song, and dance).
- **Standard G8.5.7** Participate in physical activities that provide enjoyable social interaction.
- **Standard G8.5.8** Describe the social benefits that result from team and individual sport participation.
- **Standard G8.5.9** Demonstrate group problem solving abilities.