



## JC Schools 8th Grade PE Yearly Standards

### Overarching Standards (Taught in all units)

#### **S4.M1.8**

Accepts responsibility for improving one's own levels of physical activity and fitness.

#### **S4.M2.8**

Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.

#### **S4.M3.8**

Provides encouragement and feedback to peers without prompting from the teacher.

#### **S4.M4.8**

Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts.

#### **S4.M5.8**

Cooperates with multiple classmates on problem solving initiatives including ad-venture activities, large-group initiatives and game play.

#### **S4.M6.8**

Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.

#### **S1.M7.8**

Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.

#### **S4.M10a.8**

Demonstrate how to effectively ask for assistance to improve physical activity.

#### **S4.M10b.8**

Demonstrate how to effectively communicate empathy and support to others who are trying to maintain or improve physical activity.

**S5.M4.8**

Discusses how enjoyment could be increased in self-selected physical activities.

**S5.M5.8**

Identifies and participates in an enjoyable activity that prompts individual self-expression.

**S5.M6.8**

Demonstrates respect for self by asking for help and helping others in various physical activities

| Unit  | Priority Standards  | Supporting Standards   |
|---|---|--|
| <b>Unit 1</b><br><br>FitnessGram<br>Pre-Testing<br><br># Days | <b>8.PE.LO.01</b><br>Performs the health-related fitness assessments.<br><br><b>S3.M16.8</b><br>Designs and implements a program to improve levels of health-related fitness and nutrition. | <b>S3.M9.8</b><br>Employs a variety of appropriate static stretching techniques for all major muscle groups.<br><br><b>S3.M10.8</b><br>Describes the role of flexibility in injury prevention.<br><br><b>S3.M20a.8</b><br>Summarize the benefits of drinking water before, during, and after physical activity.<br><br><b>S3.M20b.8</b><br>Summarize how physical activity can contribute to maintaining a healthy body weight.<br><br><b>S4.M11.8</b><br>Use strategies and skills to achieve a personal goal to be physically active.<br><br><b>S5.M1.8</b><br>Identifies the 5 components of health-related fitness(muscular strength, muscular endurance, flexibility, cardiovascular endurance and body composition) and explains the connections between fitness and overall physical and mental health. |

|   |  |   |
|---|--|---|
|   |  | <p><b>S5.M2.8</b><br/>Analyzes the empowering consequences of being physically active.</p>  |
| <p><b>Unit 2</b></p> <p>Team Sports</p> <p># Days</p> | <p><b>S1.M22.8</b><br/>Demonstrates correct technique for basic skills in at least 2 self-selected outdoor activities.</p> | <p><b>S1.M2.8</b><br/>Throws with a mature pattern for distance or power appropriate to the activity during small sided game play.</p> <p><b>S1.M3.8</b><br/>Catches using an implement in a dynamic environment or modified game play.</p> <p><b>S1.M4.8</b><br/>Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed and/or level with competency in invasion games such as lacrosse or hockey (floor, field, ice).</p> <p><b>S1.M5.8</b><br/>Throws a lead pass to a moving partner off a dribble or pass.</p> <p><b>S1.M6.8</b><br/>Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.</p> <p><b>S1.M7.8</b><br/>Executes the following offensive skills during small sided game play: pivot, give &amp; go, and fakes.</p> <p><b>S1.M8.8</b><br/>Dribbles with dominant and nondominant hands using a change of speed and direction in small sided game play.</p> <p><b>S1.M9.8</b><br/>Foot-dribbles or dribbles with an implement with control,</p> |

changing speed and direction during small-sided game play.

**S1.M10.8**

Shoots on goal with a long-handled implement for power and accuracy in modified invasion games such as hockey (floor, field, ice) or lacrosse.

**S1.M11.8**

Drop-steps in the direction of the pass during player-to-player defense.

**S1.M12.8**

Executes consistently (at least 70% of the time) a legal underhand serve for distance and accuracy for net/wall games such as badminton, volleyball or pickleball.

**S1.M13.8**

Strikes, with a mature overarm pattern, in a modified game for net/wall games such as volleyball, handball, badminton or tennis.

**S1.M14.8**

Demonstrates the mature form of fore- hand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball.

**S1.M15.8**

Transfers weight with correct timing using low to high striking pattern with a long-handled implement on the backhand side.

**S1.M17.8**

Two-hand-volleys with control in a small-sided game.

**S1.M18.8**

Performs consistently (70% of the time) a mature

underhand pattern with accuracy and control for one target game such as bowling or bocci.

**S1.M20.8**

Strikes a pitched ball with an implement for power to open space in a variety of small-sided games.

**S1.M21.8**

Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play.

**S2.M1.8**

Opens and closes space during small-sided game play by combining locomotor movements with movement concepts.

**S2.M2.8**

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.

**S2.M3.8**

Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.

**S2.M4.8**

Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to him/ her (third-party perspective).

**S2.M5.8**

Reduces open space by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.

**S2.M6.8**

|   |   |  |
|---|---|--|
|   |   | <p>Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage.</p> <p><b>S2.M10.8</b><br/>Identifies sacrifice situations and attempt to advance a teammate.</p> <p><b>S2.M11.8</b><br/>Reduces open spaces in the field by working with teammates to maximize coverage.</p> <p><b>S2.M13.8</b><br/>Implements safe protocols in self-selected outdoor activities.</p>   |
| <p><b>Unit 3</b></p> <p>Lifetime Activities</p> <p># Days</p> | <p><b>S1.M22.8</b><br/>Demonstrates correct technique for basic skills in at least 2 self-selected outdoor activities.</p> <p><b>S3.M18.8</b><br/>Demonstrates basic movements used in other stress-reducing activities such as yoga and tai chi.</p> | <p><b>S2.M13.8</b><br/>Implements safe protocols in self-selected outdoor activities.</p> <p><b>S1.M14.8</b><br/>Demonstrates the mature form of fore- hand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickle-ball, tennis, badminton or paddle ball.</p> <p><b>S1.M15.8</b><br/>Transfers weight with correct timing using low to high striking pattern with a long-handled implement on the backhand side.</p> <p><b>S1.M16.8</b><br/>Forehand- and backhand-volleys with a mature form and control using a short handled implement during modified game play.</p> <p><b>S1.M19.8</b><br/>Strikes, with an implement, a stationary object for</p> |

|  |   |  |
|--|---|--|
|  |   | <p>accuracy and power in activities such as croquet, shuffleboard or golf.</p> <p><b>S2.M7.8</b><br/>Creates open space in net/wall games with either a long- or short-handled implement by varying force or direction, or by moving opponent from side to side and/or forward and back.</p> <p><b>S2.M8.8</b><br/>Varies placement, force and timing of return to prevent anticipation by opponent.</p>   |
| <p><b>Unit 4</b></p> <p>FitnessGram<br/>Post-Testing</p> <p># Days</p> | <p><b>8.PE.LO.01</b><br/>Performs the health-related fitness assessments.</p> <p><b>S3.M16.8</b><br/>Designs and implements a program to improve levels of health-related fitness <del>and nutrition</del>.</p> | <p><b>S3.M9.8</b><br/>Employs a variety of appropriate static stretching techniques for all major muscle groups.</p> <p><b>S3.M10.8</b><br/>Describes the role of flexibility in injury prevention.</p> <p><b>S3.M20a.8</b><br/>Summarize the benefits of drinking water before, during, and after physical activity.</p> <p><b>S3.M20b.8</b><br/>Summarize how physical activity can contribute to maintaining a healthy body weight.</p> <p><b>S4.M11.8</b><br/>Use strategies and skills to achieve a personal goal to be physically active.</p> <p><b>S5.M1.8</b><br/>Identifiesthe 5 components of health-related fitness(muscular strength, muscular endurance, flexibility, cardiovascular endurance and body composition) and explains the connections between fitness and overall physical and mental health.</p> |

|  |  |  |
|--|--|--|
|  |  | <b>S5.M2.8</b><br>Analyzes the empowering consequences of being physically active. |
|--|--|--|