

Physical Education



Grade 8

Standard 1: A physically educated student will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.

Basic Skills

1.1 Select, combine and perform specific locomotor skills in a variety of activities to improve personal performance

1.2 Select, combine and perform locomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance

1.3 Select, combine and perform nonlocomotor skills in a variety of activities to improve personal performance

1.4 Select, combine and perform nonlocomotor skills by using elements of body and space awareness, effort and relationships to improve personal performance

1.5 Demonstrate ways to receive, retain and send an object with varying speeds and accuracy in skills specific to an activity

1.6 Select, combine and perform manipulative skills by using elements of body, space and awareness, effort and relationships with and without objects to improve performance

Application of Basic Skills

1.7 Apply activity specific skills in a variety of environments and using various equipment; e.g., cross-country running

1.8 Select, refine and present a variety of dance sequences; e.g., jazz, square, social and novelty, alone and with others

1.9 Choreograph and perform dance sequences using the elements of movement and basic dance steps and patterns

1.10 Select, combine and perform activity specific skills in a variety of games

1.11 Be able to identify and evaluate specific strategies and tactics that coordinate effort with others; e.g., team – fair play in order to achieve a common activity goal

1.12 Select and perform ways to improve and refine the functional and expressive qualities of movements that combine basic skills in a variety of gymnastic experiences individually with a partner or in a group; e.g., educational rhythmic and artistic gymnastics

1.13 Select, combine and perform activity specific skills in a variety of individual activities; e.g., wrestling

Standard 2: A physically educated student will understand, experience and appreciate the health benefits that result from physical activity.

Functional Fitness

2.1 Monitor and analyze a personal nutritional plan that affects physical performance

2.2 Demonstrate and monitor ways to achieve a personal functional level of fitness

2.3 Explain fitness components and principles of training and formulate individual plans for personal physical fitness

Body Image

2.4 Acknowledge the perceptions that occur as a result of media influence on body types in relation to physically active images

2.5 Discuss performance substances and how they can affect body type in relation to physical activity

Well-being

2.6 Analyze the personal effects of exercise on the body systems before, during and after exercise

2.7 Monitor, analyze and assess fitness changes as a result of physical activity

2.8 Describe and perform appropriate physical activities for personal stress management and relaxation

Standard 3: A physically educated student will interact positively with others.

Communication

3.1 Communicate thoughts and feelings in an appropriate respectful manner as they relate to participation in physical activity

3.2 Discuss positive active living role models

Fair Play

3.3 Demonstrate etiquette and fair play

Leadership

3.4 Describe, apply and practice leadership and followership skills and relate it to physical activity

Teamwork

3.5 Recommend practices that contribute to team work

3.6 Identify and demonstrate positive behaviors that show respect for self and others

Standard 4: A physically educated student will assume responsibility to lead an active way of life.

Effort

4.1 Participate regularly in, and identify and describe the benefits of, an active lifestyle

4.2 Develop a personal plan that encourages participation and continued motivation

Safety

4.3 Select and apply rules, routines and procedures for safety in a variety of activities

4.4 Design and perform warm-up and cool-down activities

4.5 Appraise or judge movement experiences that promote an active healthy lifestyle; e.g., safe use of equipment

Goal Setting/Personal Challenge

4.6 Monitor, revise and refine personal goals based on interests and abilities

4.7 Evaluate different ways to achieve an activity goal, and determine a personal approach that is challenging

Active Living in the Community

4.8 Analyze community programs that promote physically active lifestyles

4.9 Analyze factors that affect choices of daily physical activity for life, and create personal strategies to overcome barriers