

ESSENTIAL OUTCOMES 8TH GRADE PHYSICAL EDUCATION

- 1) Demonstrate, apply, and understand how rules affect strategies during game competition.
- 2) Exhibit, apply, and understand game strategies, such as spacing, communication, movement, offense, and defense.
- 3) Participate, perform, and apply combination skills successfully in modified games, rhythm and dance, and outdoor activities.
- 4) Analyzing the students' own movement and that of a classmate in order to give constructive corrective feedback.
- 5) Participate and monitor moderate to vigorous activities that address each component of health-related fitness, including, cardiovascular endurance, muscular strength, muscular endurance, and flexibility.
- 6) Demonstrate an understanding of Level 3 (Muscular Strength and Endurance) of the Physical Activity Pyramid and apply previous knowledge by designing and implementing a personal physical fitness plan.
- 7) Analyze and apply the effect of good sportsmanship and cooperative play within a team using problem-solving strategies.