

Eighth Grade Physical Education Content Standards and Objectives			
Standard:1 Movement Forms (PE.S.1)			
(PE.S.1) Students will demonstrate movement patterns and motor skills needed to perform a variety of physical activities.			
Objectives	Students will	PLT Activity and Page	
PE.8.1.01	utilize basic offensive and defensive strategy while participating in individual, dual, and team sports (e.g., lead-up games/activities).	#25 Birds and Worms #68 Name That Tree	p.111 p.288
PE.8.1.02	implement basic techniques and safety procedures while participating in non-competitive lifetime physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).		
PE.8.1.03	perform a variety of dances (e.g., square, line and social).		
Standard 2: Development of Motor Skills			
(PE.S.2) Students will apply concepts and principles of human movement to the development of motor skills and learning of new skills.			
Objectives	Students will	PLT Activity and Page	
PE.8.2.01	demonstrate various motor skills that increase physical activity participation and performance	#25 Birds and Worms #68 Name That Tree	p.111 p.288
PE.8.2.02	identify characteristics of skilled performance (e.g., rubric, self/peer assessment).		
Standard 3: Physical Activity (PE.S.3)			
(PE.S.3) Students will exhibit a physically active lifestyle that provides the opportunity for enjoyment, challenge, self-expression, and social interaction.			
Objectives	Students will	PLT Activity and Page	
PE.8.3.01	explain the benefits of physical activity (e.g., heart health, weight control).	#54 I'd Like to Visit a Place Where...	p.236
PE.8.3.02	develop and implement a personal physical activity plan (e.g., where, when, cost, equipment, procedures).	#54 I'd Like to Visit a Place Where...	p.236
Standard:4 Physical Fitness (PE.S.4)			
(PE.S.4) Students will apply physical fitness concepts to achieve and maintain a health-enhancing level of physical fitness.			
Objectives	Students will	PLT Activity and Page	
PE.8.4.01	perform at gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.		

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PE.8.4.02	apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program.	
PE.8.4.03	assess personal fitness related to the five components of fitness (e.g., cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility) and participate in activities to improve specific fitness components.	
Standard: 5	Responsible Personal and Social Behavior (PE.S.5)	
(PE.S.5)	Students will identify and apply responsible, personal and social behaviors in physical activity settings.	
Objectives	Students will	PLT Activity and Page
PE.8.5.01	demonstrate appropriate, responsible behaviors in physical activity settings including proper rules, etiquette and safety (e.g., sportsmanship, fair play, use of safety equipment-goggles, helmets).	#25 Birds and Worms p.111 #68 Name That Tree p.288
PE.8.5.02	discuss situations that may lead to conflict and practice mediation skills (e.g., compromise, "I" messages).	
PE.8.5.03	recognize the affect peer pressure has on physical activity participation and performance.	#54 I'd Like to Visit a Place Where... p.236