

# ***Eighth Grade***

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## ***Movement Skills and Movement Knowledge***

Learn that they need to work as a team using a wide variety of movement activities and strategies.

### ***Quality Indicators:***

- Learn that growth in height and weight alters the mechanical nature of performance and that motor performance is related to all measures of maturity (chronological, anatomical, and physiological).
- Design an individual personal health-related fitness program based on an accurately assessed fitness profile.
- Explore introductory, outdoor skills (backpacking, hiking, cycling, boating, ropes courses).
- Perform a variety of simple folk, country, and creative dances.
- Practice appropriate ways of learning new skills or sports on his/her own.
- Analyze defensive and offensive strategies in games and sports.
- Understand relationships among sport skills, e.g., underhand pitch in softball transfers to the underhand serve in volleyball.



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## ***Social Development***

Learn, through shared leadership, to think of themselves as members of a team.

### ***Quality Indicators:***

- Recognize the differences between ethical and unethical behavior.
- Appreciate the importance of fair play, cooperation, and competition in gender equitable team games, activities and sports.
- Learn to cooperate rather than dominate other team members in team and dual sports.
- Understand the relationship between history and culture in games, sports, dance, play, and strategy.
- Recognize in playing team sports that rules are fair to allow for safe participation for all.
- Respect physical and performance limitations of self and others.
- Become acquainted with team members.

## ***Self Image***

Learn about maturity.

### ***Quality Indicators:***

- Learn the how and why of peer behavior.
- Explore ways to reduce stress.
- Establish new and personal goals.
- Improve and maintain appropriate body composition.
- Describe long-term physiological, psychological, and other benefits that may result from regular participation in physical activity.
- Feel satisfaction on days when he/she engages in physical activity.
- Desire to improve physical ability and performance.

