










Grade 8

GLO Progression by Game Category

	1st	2nd	3rd
Overall Themes	Develops a plan to address one of the barriers within one's family, school, or community to maintaining a physically active lifestyle. S3.G8.1	Participated in a variety of self-selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing, and swimming. S3.G8.2a	Employs a variety of appropriate static stretching techniques for all major muscle groups. S3.G8.3c
	Compares and contrasts health-related fitness components. S3.G8.3a	Uses available technology to self-monitor the quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. S3.G8.3b	Implements safe protocols in self-selected outdoor activities. S2.G8.11b
	Participates in moderate to vigorous aerobic and/or muscle and bone strengthening physical activity. S3.G8.2c	Plans and implements a program of cross-training to include aerobic, strength, endurance, and flexibility training. S3.G8.2b	
	Accepts responsibility for improving one's own levels of physical activity and fitness. S4.G8.1a	Provides encouragement and feedback to peers without prompting. S4.G8.2_    	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. S4.G8.4     
	Uses effective self-monitoring skills to incorporate opportunities for physical activity. S4.G8.1b	Cooperates with multiple classmates on problem-solving initiatives. S4.G8.3b	Responds appropriately to participants' behavior during physical activity by using rules and guidelines for resolving conflicts. S4.G8.3a
	Identifies the components of health-related fitness and explains the relationship between fitness and overall physical and mental health. S5.G8.1a (combo S3.G8.1)	Develops a plan of action and makes appropriate decisions based on that plan when faced with an individual challenge. S5.G8.2a	Justifies that skills will develop over time with appropriate practice. S5.G8.2b
	Analyzes the empowering consequences of being physically active. S5.G8.1b	Identifies and participates in an enjoyable activity that prompts individual self-expression. S5.G8.3b	Discusses how enjoyment could be increased in self-selected physical activities. S5.G8.3a

Inv	Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play . S1.G8.2	Executes the following offensive skills during small-sided game play : pivot, give and go, and fakes. S1.G8.5b	Shoots on goal with a long-handled implement for power and accuracy in modified invasion games . S1.G8.7
	Catches an object from different trajectories and speeds in a dynamic environment or modified game play . S1.G8.3	Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play . S1.G8.6a	Drop-steps in the direction of the pass during player-to-player defense . S1.G8.8
	Passes and receives with an implement while changing direction, speed, and/or level, with competency. S1.G8.4a	Foot-dribbles or dribbles with an implement with control, changing speed, and direction during small sided game play . S1.G8.6b	Reduces open space on defense by staying on the goal side of the offensive player and reducing the distance to the opponent. S2.G8.3 (S1.G8.8)
	Throws a leading pass to a moving partner off a dribble or pass. S1.G8.4b	Executes at least three 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 and go. S2.G8.2	Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. S2.G8.4
	Opens and closes space during small-sided game play with movement concepts. S2.G8.1		Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates, and capitalizing on an advantage. S2.G8.5
NW	Consistently executes an underhand serve for distance and accuracy for net and wall games S1.G8.9		Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games. S1.G8.11
	Strikes with a mature overhand pattern in modified net or wall games . S1.G8.10		Transfers weight with correct timing using a low-to-high striking pattern with a long-handled implement on the forehand and backhand sides. S1.G8.12
	Two-hand volleys with control in a small-sided game . S1.G8.14		Forehand and backhand volleys with a mature pattern and control using a short-handled implement during modified game play . S1.G8.13

	Creates open space in net or wall games with either a long-handled or a short-handled implement by varying force or direction, or by moving opponent from side to side, and/or forward and backwards. S2.G8.6		Varies placement, force, and timing of return to prevent anticipation by opponent. S2.G8.7
IP	Demonstrates correct technique for basic skills in at least two self-selected individual performance activities. S1.G8.19		
	Demonstrates correct technique for basic skills in at least two self-selected outdoor activities. S1.G8.18		
	Describes and applies mechanical advantage(s) for a variety of movement patterns. S2.G8.11a		
SF	Strikes a pitched ball with an implement for power to open space <i>in a variety of small-sided games.</i> S1.G8.16		
	Catches a variety of objects from different trajectories and speeds <i>in a dynamic environment or modified game play</i> while using an implement. S1.G8.17		
	Identifies sacrifice situations and attempts to advance a teammate. S2.G8.9		
	Reduces open spaces in the field by working with teammates to maximize coverage. S2.G8.10		
T	Consistently propels an object with accuracy and control for target games. S1.G8.15		
	Varies the speed, force, and trajectory of the shot based on location of the object in relation to the target. S2.G8.8		