

Grades 8 Physical Education Competencies

Competency 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

Meeting Expectations: I can statements

I can combine and refine fundamental manipulative skills to competently participate in a variety of physical activities.

I can combine locomotor and manipulative skills to competently participate in a variety of physical activities.

Competency 2: Students will apply knowledge of concepts, principles, tactics, and strategies related to movement and performance.

Meeting Expectations: I can statements

I can understand appropriate movement concepts and tactics in invasion for cooperative and net games.

I can identify strategies/tactics in invasion for cooperative and net games.

Competency 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Meeting Expectations: I can statements

I can use personal fitness data in order to maintain their physical fitness over time.

I can identify skill related fitness components inherent in various activities.