

# Grade 8 Physical Education

## Course Description

8th grade physical education is a required course. Students continue to increase their knowledge and apply skills through participation in individual and team sports. 8th graders will be introduced to water safety techniques and continue to participate in aquatic games. Students will be making the transition from learning sports skills to learning and applying sports strategies. 8th graders will learn how to implement the five fitness components into their daily activities.

Participation in this class will assist the 8th grade students in achieving and maintaining a lifetime of physical wellness.

## Standards

### Essential Standards:

1.	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
2.	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

### Important Standards:

1.	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
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### Enhancing Standards:

1.	The physically literate individual exhibits responsible personal and social behavior that respects self and others.
2.	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.