

Focus Statement: Students will integrate fundamental and complex movement skills with strategies and problem solving skills. Students will also apply fitness principles to improve personal performances.

PE.8.1 Students will demonstrate and apply specific skills for each unit or activity.

- PE.8.1.1 Perform age appropriate technique for a given skill (kicking, throwing, etc.)
- PE.8.1.2 Adjusts skill technique according to a game or sport situation.

PE8.2 Students will demonstrate and apply knowledge of game strategies and skills for each unit or activity.

- PE.8.2.1 Identify more advanced rules, skills and concepts.
- PE.8.2.2 Explain and analyze game strategies.

PE8.3 Student will demonstrate and perform selected skill-related fitness components.

- PE.8.3.1 Combine elements of skill related fitness in order to successfully compete in various events.
- PE.8.3.2 Combine various body control skills into a sequence.

PE.8.4 Students will participate in physical fitness activities in order to improve personal performance.

- PE.8.4.1 Demonstrate proper technique for fitness skills and activities.
- PE.8.4.2 Perform fitness testing activities at a level which demonstrates achievement of age appropriate fitness standards.

PE.8.5 Students will apply fitness skills and principles to develop an individual fitness plan.

- PE.8.5.1 Understand fitness training principles related to each component of fitness and the F.I.T. principle.
- PE.8.5.2 Understand benefits of a resistance training program and identify muscle function related to specific exercises
- PE.8.5.3 Synthesize their fitness knowledge in order to design a personal fitness plan.