QUICK REFERENCE: 8TH GRADE PHY ED

A: Leading an Active Lifestyle

Content Standard
Students in Wisconsin will exhibit a physically active lifestyle.

Rationale:

The intent of this standard is to establish patterns of regular participation in meaningful physical activity. This standard connects what is done in physical education classes with the lives of students outside of physical education. Activities, games, and sports provide for healthful relief from stress and an enjoyable use of leisure time. Positive experiences in these activities provide motivation to develop and maintain a healthy, physically active lifestyle.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

A.8.1 Establish personal physical activity goals

A.8.2 Participate at least three times a week in physical activities that contribute to the attainment of and maintenance of personal physical activity goals

A.8.3 Explore personal interests in a variety of new physical activities both in and out of the physical education class

A.8.4 Describe the relationship between a healthy lifestyle and simply *feeling good*

B: Physical Skill Development

Content Standard
Students in Wisconsin will demonstrate competency in many forms of movement and proficiency in some.

Rationale:

The intent of this standard is the development of competence in movement. Movement is the foundation of many everyday work tasks and the play skills of children. It is also a prerequisite to successful participation in leisure activities, recreational programs, and sports. Basic movement skills are related to academic performance, cognitive development, and social development especially during childhood. Proper technique in fundamental movement skills positively influences students' personal attitudes toward physical activity. Learning what the body can do enhances students' ability to use movement as a form of expression and communication.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

B.8.1 Demonstrate competence in modified versions of movement forms such as performing in a variety of simple folk and square dances

B.8.2 Develop beginning strategies for competitive and noncompetitive games such as using basic offensive and defensive strategies in a modified version of a team sport

B.8.3 Demonstrate increasing competence in more advanced specialized physical skills

B.8.4 Explain how people can enjoy an activity if they are not gifted athletes

C: Learning Skills

Content Standard
Students in Wisconsin will apply concepts and principles of movement to the learning and development of physical skills.

Rationale:

The intent of this standard is for the student to understand and apply concepts of physical movement, training, and sports psychology that affect physical performance. Knowledge and application of these concepts enhance the likelihood of independent learning and, therefore, more regular and effective participation in physical activity.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

C.8.1 Understand and apply more advanced movement and game strategies such as explaining and demonstrating strategies involved in playing tennis doubles

C.8.2 Identify the critical elements of more advanced movement skills such as a racing start in free style swimming

C.8.3 Identify and apply principles of practice and conditioning to enhance performance such as understanding that conditioning will allow one to play for longer periods of time without fatigue

C.8.4 Identify the characteristics of highly skilled performance in movement forms such as describing the characteristics that enable success in passing and spiking after observing a team of skillful volleyball players

C.8.5 Understand and apply advanced, discipline-specific knowledge to various movement forms such as understanding how to lead or follow a partner while dancing

D: Understanding Physical Activity and Well Being

Content Standard
Students in Wisconsin will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Rationale:

The intent of this standard is to develop the awareness that physical activity provides positive internal benefits. Physical activity offers opportunities for positive self-expression, social interaction, group membership, and meeting challenges. All of these activities encourage students to continue lifelong personal enjoyment of physical activities.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

D.8.1 Feel satisfaction when engaging in physical activity

D.8.2 Recognize the social benefits of participation in physical activity such as the joy of participating with a team and sensing team fulfillment

D.8.3 Enjoy learning new activities

D.8.4 Recognize physical activity as a vehicle for self-expression

E: Health-enhancing Fitness

Content Standard
Students in Wisconsin will achieve and maintain a health-enhancing level of physical fitness.

Rationale:

The intent of this standard is student achievement of a health-enhancing level of fitness. This level of fitness facilitates normal growth and development as well as delays the aging process. It allows individuals to adapt to stress and meet the demands of daily living by increasing energy levels. Achievement of a health-enhancing level of fitness is a proactive alternative to rising health-care costs; it reduces the risk of injury, cardiovascular disease, and health risks related to a sedentary lifestyle.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

E.8.1 Participate in a variety of health-related activities in both school and nonschool settings in order to maintain a record of moderate to vigorous physical activity

E.8.2 Assess physiological indicators of exercise such as pulse rate during and after physical activity

E.8.3 Understand and apply basic principles of training to improve physical fitness such as various weight training techniques

E.8.4 Meet health-related fitness standards

E.8.5 Begin to design personal health-related fitness programs based on an accurately assessed fitness profile, for example, engage in physical activity at the target heart rate for a minimum of 30 minutes at least 3 times a week outside of the physical education class

F: Respectful Behavior

Content Standard
Students in Wisconsin will demonstrate responsible personal and social behavior in physical-activity settings.

Rationale:

The intent of this standard is for students to demonstrate responsible social behaviors that promote personal and group success in physical activity. Social responsibilities include attention to safe practices, rules, and procedures; etiquette; cooperation; teamwork; ethics; and respectful, positive social interaction.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

F.8.1 Identify positive and negative peer influence

F.8.2 Solve problems by analyzing causes and potential solutions

F.8.3 Make choices based on the safety of self and others

F.8.4 Consider the consequences when confronted with a behavior choice

F.8.5 Resolve interpersonal conflicts with a sensitivity to rights and feeling of others; find positive ways to exert independence

F.8.6 Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings

G: Understanding Diversity

Content Standard
Students in Wisconsin will demonstrate understanding and respect for differences among people in physical-activity settings.

Rationale:

The intent of this standard is the development of the student's respect and appreciation for individual similarities and differences through positive interaction between participants in physical activity. Similarities and differences may include physical ability, culture, ethnicity, physical characteristics (such as strength, size, and shape), gender, race, and socio-economic status.

PERFORMANCE STANDARDS

By the end of grade 8 students will:

G.8.1 Recognize the role of sports, games, and dance in modern culture

G.8.2 Identify behaviors that are supportive and inclusive in physical-activity settings

G.8.3 Display sensitivity to the feelings of others during interpersonal interactions

G.8.4 Respect the physical and performance limitations of self and others