

<p>Dance and Rhythms 8.1.1.1</p> <p>Demonstrate a movement sequence using correct rhythm and timing as an individual or in a group.</p>	<p>Invasion Games 8.1.3.2</p> <p>Throw a lead pass to a moving partner off a dribble or pass in small-sided invasion games.</p>
<p>Invasion and Fielding & Striking Games 8.1.2.1</p> <p>Throw for distance, accuracy and speed appropriate to the activity during invasion or fielding and striking small-sided games.</p>	<p>Invasion Games 8.1.3.3</p> <p>Execute at least two of the following skills to create open space during small-sided invasion games: pivots, fakes, jab step, give and go, and screens.</p>
<p>Invasion and Fielding & Striking Games 8.1.2.2</p> <p>Catch using an implement during invasion or fielding and striking small-sided games.</p>	<p>Invasion Games 8.1.3.4</p> <p>Dribble with preferred and non-preferred hands using a change of speed and direction in small-sided invasion games.</p>
<p>Invasion Games 8.1.3.1</p> <p>Pass and receive with competency using an implement in combination with locomotor patterns of running and change of direction and speed in small-sided invasion games. For example: floor hockey, field hockey, ice hockey, lacrosse (traditional or American).</p>	<p>Invasion Games 8.1.3.5</p> <p>Foot-dribble or dribble using an implement with control, changing speed and direction in small-sided invasion games.</p>

<p>Invasion Games 8.1.3.6</p> <p>Shoot on goal for accuracy, using a long-handled implement, in small-sided invasion games. For example: floor hockey, field hockey, ice hockey, lacrosse (traditional or American).</p>	<p>Net & Wall Games 8.1.4.3</p> <p>Demonstrate forehand and backhand strokes using a short- or long-handled implement for accuracy in small-sided net and wall games. For example: pickleball, tennis, badminton, paddleball.</p>
<p>Invasion Games 8.1.3.7</p> <p>Drop-step in the direction of the pass during player-to-player defense in small-sided invasion games.</p>	<p>Net & Wall Games 8.1.4.4</p> <p>Forehand and backhand volley, with control, using a short-handled implement during small-sided net and wall games.</p>
<p>Net & Wall Games 8.1.4.1</p> <p>Execute a legal underhand serve for distance and accuracy in net and wall games. For example: badminton, pickleball, volleyball.</p>	<p>Net & Wall Games 8.1.4.5</p> <p>Two-hand-volley (underhand and overhand) with control in a variety of small-sided net and wall games.</p>
<p>Net & Wall Games 8.1.4.2</p> <p>Strike consistently using an overhand pattern for accuracy in small-sided net and wall games. For example: badminton, handball, tennis.</p>	<p>Target Games 8.1.5.1</p> <p>Execute consistently an underhand roll or toss with control in a target game. For example: bowling, bocce.</p>
<p>Target Games 8.1.5.2</p> <p>Strike, using an implement and a stationary object for accuracy and distance in a variety of target games. For example: croquet, shuffleboard, golf.</p>	<p>Individual Performance 8.1.8.1</p> <p>Demonstrate correct technique for basic skills in at least two individual-performance activities.</p>

<p>Fielding & Striking Games 8.1.6.1</p> <p>Strike a pitched ball, using an implement, to open space in a variety of small-sided fielding and striking games.</p>	
<p>Fielding & Striking Games 8.1.6.2</p> <p>Catch from different trajectories maintaining balance while transitioning to the next skill in small-sided fielding and striking games.</p>	
<p>Outdoor Pursuits 8.1.7.1</p> <p>Demonstrate correct technique for basic skills in at least two outdoor activities.</p>	

<p>Invasion Games 8.2.1.1</p> <p>Execute at least three of the following offensive tactics in invasion game practice tasks to create open space: move to create open space on and off the ball; use a variety of passes, fakes, and pathways; and give and go.</p>	<p>Net & Wall Games 8.2.2.1</p> <p>Create open space in net and wall game practice tasks, with either a long- or short-handled implement, by varying force and direction, and moving an opponent forward and back and from side to side.</p>
<p>Invasion Games 8.2.1.2</p> <p>Reduce open space on defense, in an invasion game practice task, by staying on the goal side of the offensive player and reducing the distance to him/her (third-party perspective).</p>	<p>Net & Wall Games 8.2.2.2</p> <p>Vary placement, force and timing of a return, in net and wall game practice tasks to prevent anticipation by opponent.</p>
<p>Invasion Games 8.2.1.3</p> <p>Reduces open space, in an invasion game practice task, by not allowing the catch (denial) and anticipating the speed of the object or person for the purpose of interception or deflection.</p>	<p>Target Games 8.2.3.1</p> <p>Vary the speed, force and trajectory of the shot based on the location of the object in relation to the target in small-sided target games.</p>

<p>Invasion Games 8.2.1.4</p> <p>Transition from offense to defense, or defense to offense, in an invasion game practice task, by recovering quickly, communicating with teammates and capitalizing on the advantage.</p>	<p>Fielding & Striking Games 8.2.4.1</p> <p>Identify sacrifice situations and attempts to advance a teammate in small-sided fielding and striking games.</p>
<p>Fielding & Striking Games 8.2.4.2</p> <p>Reduce open spaces in the field by working with teammates to maximize coverage in small-sided fielding and striking games.</p>	
<p>Individual Performance 8.2.5.1</p> <p>Describe and apply mechanical advantage(s) for a variety of individual-performance activities.</p>	
<p>Outdoor Pursuits 8.2.6.1</p> <p>Describe basic and advanced skills and tactics needed for participation in two outdoor activities.</p>	

Physical Activity Knowledge Analyze the impact a physically active lifestyle has on physical and mental health.	8.3.1.1	Fitness Knowledge Apply appropriate stretching techniques for all major muscle groups.	8.3.3.2
Engages in Physical Activity Participate in a variety of self-selected aerobic-fitness activities using technology. For example: walking, jogging, biking, skating, dancing and swimming.	8.3.2.1	Fitness Knowledge Apply the overload and specificity principles in preparing a personal workout.	8.3.3.3
Engages in Physical Activity Participate in moderate to vigorous aerobic and/or muscle- and bone-strengthening physical activity for at least sixty minutes per day at least five days a week.	8.3.2.2	Fitness Knowledge Design and implement a warm-up and cool down regimen for a self-selected physical activity.	8.3.3.4
Fitness Knowledge Analyze a physical activity by identifying its skill-related components.	8.3.3.1	Fitness Knowledge Predict and modify activities which influence the target heart rate to meet desired goal and outcomes.	8.3.3.5

<p>Fitness Knowledge 8.3.3.6</p> <p>Explain how body systems interact with one another during physical activity. For example: blood transports nutrients from the digestive system and oxygen from the respiratory system during physical activity.</p>	<p>Stress Management 8.3.6.1</p> <p>Demonstrate several strategies for dealing with stress.</p>
<p>Assessment & Program Planning 8.3.4.1</p> <p>Use SMART goals, based on the results of a health-related fitness assessment, to design, implement, and modify a maintenance or remediation program for three health-related fitness areas. For example: SMART goals are specific and strategic, measurable, attainable, results-based and time-based.</p>	<p>Nutrition 8.3.5.1</p> <p>Describe the relationship between poor nutrition and health risk factors.</p>
<p>Assessment & Program Planning 8.3.4.2</p> <p>Design and implement a program to improve one's physical activity levels and nutrition.</p>	

<p>Personal and Social Responsibility 8.4.1.1</p> <p>Establish guidelines for resolving conflict and apply them to respond appropriately to classmates' ethical and unethical behavior during physical activity.</p>	<p>Rules and Etiquette 8.4.4.1</p> <p>Monitor behaviors of self and others aligned to the rules and etiquette of physical activities.</p>
<p>Personal and Social Responsibility 8.4.1.2</p> <p>Use effective self-monitoring skills to incorporate opportunities for physical activity in and outside of class.</p>	<p>Safety 8.4.5.1</p> <p>Independently use physical activity and fitness equipment appropriately, and identify specific safety concerns associated with the activity. For example: weight room equipment, cardiorespiratory equipment, sport equipment, fitness apps.</p>
<p>Feedback 8.4.2.1</p> <p>Provide encouragement and constructive feedback to peers without prompting from the teacher.</p>	<p>Safety 8.4.5.2</p> <p>Develop safety protocols for two or more outdoor activities.</p>
<p>Working with others 8.4.3.1</p> <p>Cooperate and problem-solve with classmates in large-group initiatives or game play.</p>	

Health	8.5.1.1	Self-expression and enjoyment 8.5.3.2
Explain how the over-use of technology impacts health.		Identify and participate in a physical activity that provides opportunities for enjoyment and explain how it could lead to lifelong enjoyment.
Health	8.5.1.2	
Analyze participation in physical activity and determine the personal impact it has on one's physical, emotional, social and mental health.		
Challenge	8.5.2.1	
Develop a plan of action and make appropriate decisions based on that plan when faced with an individual or group challenge.		
Self-expression and enjoyment	8.5.3.1	
Analyze how enjoyment could be increased in self-selected physical activities.		