

Identifier	Popler - Grade 8 - Physical Education	Introduced	Completed
8 PE 1	<b>LEARNING AND DEVELOPMENT OF MOTOR SKILLS</b>		
8 PE 1.01	Describe a strategy for a sport utilizing appropriate vocabulary.		
8 PE 1.02	Describe and apply the advanced elements (i.e., speed) of movement forms and game strategies (i.e., softball game situation).		
8 PE 1.03	Evaluate movement forms for skill improvement (i.e., checklists, rubrics).		
8 PE 1.04	Recognize physiological benefits of exercise during and after physical activity.		
8 PE 2	<b>MOVEMENT FORMS</b>		
8 PE 2.01	Refine locomotor and nonlocomotor movements in a sport setting.		
8 PE 2.02	Refine previously learned manipulative skills.		
8 PE 2.03	Demonstrate the elements of more advanced manipulative skills (i.e., overhand serve).		
8 PE 2.04	Explain how scientific principles (i.e., force and speed) apply to weight transfer and balance movements.		
8 PE 3	<b>MOVEMENT AS COMMUNICATION</b>		
8 PE 3.01	Identify and demonstrate basic dance steps, positions, and patterns from two different theatrical styles and/or traditional styles of dance.		
8 PE 3.02	Observe and describe (i.e., breakdown/analyze movements) the actions and qualities of movement in a dance sequence using appropriate dance vocabulary.		
8 PE 3.03	Accurately transfer a rhythmic pattern from the aural, verbal and/or visual to the kinesthetic (i.e., perform simple rhythmic dance sequences).		
8 PE 3.04	Perform traditional and/or theatrical style dances of different time periods or cultures and describe differences in steps and movement styles.		
8 PE 4	<b>INDIVIDUAL FITNESS</b>		
8 PE 4.01	Design a personal health-related fitness program based on an accurately assessed fitness profile.		
8 PE 4.02	Understand and apply principles of training/conditioning (i.e., threshold, overload, and specificity) to regular fitness activities.		
8 PE 4.03	Identify and/or participate in a variety of health-related fitness activities in both school and community.		
8 PE 4.04	Compare safe and unsafe exercises and demonstrate safe exercise alternatives.		
8 PE 5	<b>SOCIAL INTERACTION</b>		
8 PE 5.01	Analyze potential consequences when confronted with a behavior choice.		
8 PE 5.02	Work cooperatively within a group to achieve goals in cooperative or competitive situations.		
8 PE 5.03	Demonstrate behavior which is supportive and inclusive in physical activity settings.		
8 PE 5.04	Demonstrate a multicultural physical activity to others (i.e., dance, games, and sports).		