

Physical Education

Eighth Grade

Requirements: California Department of Education requires students in grades 7-8 participate in a minimum of 200 minutes of physical activity each 5 days on a consistent basis. This includes understanding the importance of physical activity, understanding games and rules, good gamesmanship, personal hygiene, nutritious food choice and healthy living choices.

Background: By grade eight, students are able to focus on a common group or team goal over the long term, working together to solve problems during group activities. Team sports should be emphasized during this period including good gamesmanship and respect for officials. Students at this age are better able to accept responsibility for their behaviors and actions. They are mature enough to recognize the difference between ethical and unethical behaviors.

Movement Skills: By the end of eighth grade students should be able to connect the concepts of sports skills and how they apply to different sports. For example, underhanded throwing in softball relates to underhanded serving in volleyball. Basic principles of game strategies, (offense-vs-defense) should be researched and applied. Students should be able to research physics and how it relates to sports. For example, torque is applied when rotation is the desire. Students should be able to make a fitness plan that takes into consideration their body type and ability levels. They should have developed the skills needed to reduce and manage stress.

Objectives: Students will be able to:

- Explore introductory outdoor skills such as backpacking hiking, etc.
- Perform a variety of simple folk, country and creative dances.
- Practice appropriate ways of learning new skills or sports on their own.
- Improve and maintain appropriate body composition.
- Describe long and short term physiological, psychological and other benefits that may result from regular participation in physical activity.
- Recognize in playing team sports that rules are fair to all and to allow for safe participation.
- Understand how growth, height and weight, influences the mechanical nature and performance in sports.
- Be aware of the importance of a variety and enjoyment in maintaining an exercise program.
- Develop and initiate a personal fitness plan that includes setting fitness goals and monitor progress toward meeting those goals.
- Participate in activities that promote positive interaction with peers.
- Practice good personal hygiene and positive health behaviors to reduce the risk of disease.
- Develop and use appropriate skills to identify, avoid, and cope with potentially dangerous situations.
- Practice health promoting, positive healthy communication with family members.
- Demonstrate an understanding of the uniqueness and strengths individuals have when participating in activities.
- Recognize and accept the strength and limitations of individuals including yourself.
- Use critical thinking skills to analyze marketing and advertising techniques and their influence on the selection of foods, personal hygiene products, health related products and services.