

Physical Education Grade 8

National Standards	St. Louis Park Standard	Outcome	Assessment	Required Units/Activities
Motor Skills Students demonstrate the knowledge and physical skills necessary to perform a variety of physical activities.	Move safely and efficiently by performing fundamental locomotor and non-locomotor skills	Demonstrate motor skills required in a team sport, a dual sport, and an individual sport	Observational skills tests in Ultimate Frisbee (October), tennis (October/April), and golf (October/April)	Ultimate Frisbee, golf, speedball, weight training, swimming, softball, floor hockey, tennis, volleyball
	Demonstrate manipulative skills			
	Perform various rhythmic patterns			
Lifetime Health-Related Fitness & Activity Students demonstrate knowledge of a healthy lifestyle and physical activities.	Understand the effects of physical activity on the body	No specific outcome		On-going in each unit – identify muscle groups involved in the activity
	Understand and follow rules and strategies of various individual, dual and team activities and sports	Demonstrate rules and strategies required in a team sport, a dual sport, and an individual sport	Observational skills tests and observation of students' daily activity in: <ul style="list-style-type: none"> ➤ Ultimate Frisbee (October) ➤ tennis (October/April) ➤ golf (October/April) 	Ultimate Frisbee, golf, speedball, weight training, swimming, softball, floor hockey, tennis, volleyball
Physical Activity & Personal Well-Being Students assess, achieve, and maintain personal fitness levels.	Improve physical fitness level as assessed by age-appropriate National Fitness Standards	Analyze results of personal fitness goals and action plan	Final analysis of goal-setting sheet (May)	Based on fitness test in the Fall, determine personal plan to improve physical fitness and show evidence of participation

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	Understand the benefits of life-time fitness	Set goals for individual physical fitness level as assessed by age-appropriate national fitness standards	Write 3 goals for the next testing cycle (January/February)	Complete all the six fitness tests
Personal and Social Behavior Students demonstrate responsible personal and social behaviors in a physical activity setting.	Demonstrate cooperative behavior, sportsmanship, and etiquette in an physically active setting	Demonstrate etiquette required in a team sport, a dual sport, and an individual sport	Daily Expectations Rubric: Observation of students' daily activity in: <ul style="list-style-type: none"> ➤ Ultimate Frisbee (October) ➤ tennis (October/April) ➤ golf (October/April) 	Participation/effort, self-control, responsibility and respect
Health: Students will demonstrate the ability to access valid health information and health-promoting products and services.		Demonstrate procedures for sudden illness or injury (taught in 8th grade physical education)	First Aid Booklet project First Aid (November/December)	First Aid video Computer lab and Media Center – use for teaching