

## 8<sup>th</sup> Grade physical Education- Intermediate Activities

### I can statements

Standard 1; Demonstrate the correct technique for a variety of movement skills.

I can perform movement skills such as walking, running, and jumping with efficiency with proper form.

I can perform advanced manipulative skills such as kicking and striking a variety of objects, demonstrating both accuracy and force while moving or being guarded.

I can apply correct techniques of basic skills in a number of individual, dual and team sport-specific activities.

Standard 2; Students will demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

I can identify and analyze offense and defense strategies in a number of different activities.

I can recognize that time and effort are prerequisites for skill improvement.

I can participate regularly in physical activities.

I can monitor progress through periodic fitness tests and activity journals.

I can participate in activities that promote physical fitness.

I can participate in activities that develop flexibility, muscular strength and endurance, and cardiovascular fitness.

I can achieve and maintain health-enhancing levels of physical fitness.

Standard 3; Students will exhibit responsible personal and social behaviors that show respect for themselves and others in physical activity settings.

I can identify and follow rules while playing sports and games, while keeping winning and losing in perspective.

I can make responsible choices based on the safety of self and others when participating in physical activities

I can accept the consequences of personal behavior choices.

I can demonstrate leadership in a number of activities.

Standard 4; Students will value physical activity for health, enjoyment, challenge, self expression and /or social interaction.

I can appreciate the benefits of living a healthy lifestyle.

I can recognize that, in addition to physical fitness, regular activity participation offers social and psychological benefits.

I can recognize that physical activity provides opportunities for challenge, enjoyment, self-expression and social interaction.

I can respect, appreciate and enjoy the aesthetic and creative aspects of activity participation.

I can participate in activities that offer social interaction with people of varying ability levels and different social and cultural backgrounds.