

District #64
Grade 8
Physical Education Learning Objectives

The students will be able to:

- Demonstrate complex movement skills and strategies in a variety of selected individual, team, and fitness activities
- Identify the six skill-related physical fitness components: agility, balance, coordination, power, reaction time, and speed
- Evaluate the status of their physical fitness through the collection and analysis of fitness data
- Apply the training principles of frequency, intensity, time, and type to achieve personal fitness goals
- Demonstrate selected traditional and creative movement patterns
- Monitor the intensity of exercise through a variety of methods with and without the use of technology
- Use identified procedures and safe practices during both group physical activities and in the fitness center