

**Helena Public Schools**  
**Grade 8**  
**Physical Education Specialist**  
**Health and Wellness**

**Health Maintenance & Enhancement**

- Transfer catching skills to a variety of sports, games & activities
- Dribble a ball using right & left foot while moving & changing directions
- Dribble a ball with either hand in a game situation
- Transfer kicking skills to a variety of sports, games & activities
- Transfer striking skills to a variety of sports, games & activities
- Throw an object with accuracy in a game situation
- Volley an object using hands, arms, or equipment back & forth continuously with a partner
- Jump a long rope using advanced skills & games, (i.e., double-dutch)
- Continuously jump rope & perform intermediate tricks in a sequence
- Move to a rhythmic beat individually, with a partner, or in a set pattern
- Demonstrate appropriate locomotor techniques where required during physical activity in a variety of activities to enhance performance & safety
- Use balancing skills in a variety of activities to enhance performance & safety
- Combine rolling, transfer of weight, jumping, landing, & balance into a sequence on a mat
- Demonstrate appropriate ways to transfer weight from feet to other body parts where required during physical activity
- Demonstrate appropriate jumping & landing when jumping & landing during physical activity
- Uses appropriate feedback to improve individual performance
- Develop a basic movement vocabulary (i.e., spatial awareness, effort, relationships, locomotor skills, non-manipulative, manipulative)
- Understand and demonstrate rules in games and activities

**Functions & Interrelationships of Systems**

- Monitor heart rate before, during, & after activity
- Demonstrates awareness of recovery time after strenuous activity
- Design & assess personal fitness plan
- Sustains aerobic workout for 20 minutes or longer with heart rate in the target heart rate zone

**Risk Assessment & Reduction**

- Identify bus, biking & walking safety expectations
- Apply appropriate safety rules to situation and use of equipment.
- Explain the cause & effect of following water safety rules
- Monitor heart rate before, during, & after activity
- Demonstrates awareness of recovery time after strenuous activity
- Design & assess personal fitness plan
- Sustains aerobic workout for 20 minutes or longer with heart rate in the target heart rate zone