Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Within the context of Aquatics students will:**
8.1.1 Apply basic aquatic movement patterns
8.1.2 Demonstrate competence in swimming freestyle and one other stroke
8.1.3 Demonstrate competence in utilizing water polo skills - swimming, passing, shooting, offensive and defensive strategies

**Within the context of Racquet Sports students will:**
8.1.4 Apply swing skills including grip, forehand and backhand and understand racket position/placement for spin, angle, and trajectory
8.1.5 Demonstrate a more advanced understanding of footwork, i.e., cross-step, lunge, back-pedal, balance

**Within the context of Team Sports students will:**
8.1.6 Apply specialized athletic and movement patterns to specific sports
8.1.7 Demonstrate comfort in moving with an implement and executing a second skill, e.g., passing
8.1.8 Demonstrate an advanced understanding of basic individual skills in team sport

**Within the context of Adventure Sports students will:**
8.1.9 Independently apply climbing movement patterns (centre of gravity, limbs in opposition, points of contact) to new challenges - high elements etc.
8.1.10 Demonstrate how to use personal space to maintain safety in group climbing situations
8.1.11 Assist others to perform climbing skills (ascending/descending/traversing, and belaying)
8.1.12 Demonstrate advanced safety while bouldering, spotting, climbing, and belaying

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Within the context of Aquatics students will:**
8.2.1 Apply aquatics - water and dry-land warm-up activities by demonstrating techniques for classmates
8.2.2 Apply specialized swimming concepts to aquatics - buoyancy, stroke swimming, turns
8.2.3 Execute basic water polo strategy when instructed by teacher
8.2.4 Demonstrate understanding of pool/space management with regards to teammates and opponents
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**Within the context of Racquet Sports** students will:

8.2.5 Demonstrate understanding of proper warm-up by being able to lead class through a warm-up
8.2.6 Apply more advanced racket sport movement concepts, i.e. force vs. accuracy
8.2.7 Demonstrate an advanced understanding of rules, scoring, and lines of the court
8.2.8 Demonstrate basic use of personal space in relation the court, partners, and opponents

**Within the context of Team Sports** students will:

8.2.9 Demonstrate understanding of proper warm-up by being able to lead class through a warm-up
8.2.10 Demonstrate understanding of court balance with regards to teammates and opponents
8.2.11 Demonstrate basic team strategy without prompting
8.2.12 Recognize and correct errors in skill execution

**Within the context of Adventure Sports** students will:

8.2.13 Lead a class through a proper set of warm-up activities.
8.2.14 Independently transfer climbing strategies and movement principles from one activity to another.
8.2.15 Navigate group dynamics and apply problem solving skills without prompting.
8.2.16 Reflect upon individual and group performance without teacher input.

### Standard 3: Participates regularly in physical activity.

**Within the context of Aquatics, Racquet, Team and Adventure Sports** students will:

8.3.1 Participate in physical activities inside and outside of school.
8.3.2 Identify ways to increase the total number of steps - as measured by a pedometer in each physical activity.
8.3.3 Identify ways to increase moderate to vigorous physical activity.

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*Adapted from National Association for Sport and Physical Education Standards*

*For assessment purposes, emphasis will be on Standards 3-6 with Standards 1-2 representing instructional focus.*

*Adopted by the Board on January 29, 2009*
### Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

*Within the context of Aquatics, Racquet, Team and Adventure Sports students will:*

- **8.4.1** Design a well balanced fitness program with respect to the health related components of physical fitness.
- **8.4.2** Participate in activities designed to improve muscular strength and endurance, flexibility, cardio respiratory endurance, and body composition both during and outside of school.
- **8.4.3** Set goals for fitness tests and for fitness maintenance activities outside of school.
- **8.4.4** Consistently put forth best effort to maintain/improve fitness level.

### Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

*Within the context of Aquatics, Racquet, Team and Adventure Sports students will:*

- **8.5.1** Remain on task with minimal reminders
- **8.5.2** Consistently demonstrate responsible participation in activities
- **8.5.3** Consistently cooperate with, support and encourage all classmates regardless of ability
- **8.5.4** Demonstrate leadership and assist others in class
- **8.5.5** Demonstrate sportsmanship and be able to self officiate activities

### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction

*Within the context of Aquatics, Racquet, Team and Adventure Sports students will:*

- **8.6.1** Consistently approach each activity with a positive outlook
- **8.6.2** Appropriately challenge themselves during physical activity and fitness tasks
- **8.6.3** Participate in physical activities outside of school that increase their self-confidence and self-esteem
- **8.6.4** Understand the physical and social benefits of lifelong activity

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*Adapted from National Association for Sport and Physical Education Standards*

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*Adopted by the Board on January 29, 2009*