

Texas Essential Knowledge and Skills for Physical Education

Physical Education Grade 8 Knowledge and Skills (SPARK Middle School)

Content Standards	Sample Activities	Unit
1. Movement - The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.		
A. Coordinate movements with teammates to achieve team goals	<ul style="list-style-type: none"> • Group Moonball • Group Passing Challenges • Ultimate Frisbee 	<ul style="list-style-type: none"> • Games • Field Games • Frisbee
B. Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.	<ul style="list-style-type: none"> • Frisbee Speedball • Hocker • Sideline Hockey 	<ul style="list-style-type: none"> • Frisbee • Field Games • Hockey
C. Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, and kicking.	<ul style="list-style-type: none"> • Sprints and Sprint Starts • Long Jump Challenges • Run California 	<ul style="list-style-type: none"> • Track and Field • Track and Field • Power Walking/Jogging
D. Perform selected folk, country, square, line, creative, and/or aerobic dances.	<ul style="list-style-type: none"> • Troika • Red River Valley • Achy Breaky Heart 	Dance
E. Design and perform sequences of dance steps/movements in practiced sequences with intentional changes in speed, direction, and flow.	<ul style="list-style-type: none"> • Tinikling • Troika 	Dance

Content Standards	Sample Activities	Unit
F. Demonstrate, without cue, critical elements in specialized skills related to sports such as overhand throw for distance/force, serving and bumping, volleyball, shooting a basketball, shooting a lay-up, forehand and backhand, striking with a racket or club, or batting.	<ul style="list-style-type: none"> • Around the Court • Obstacle Course • Service 	<ul style="list-style-type: none"> • Basketball • Golf • Volleyball
G. Combine skills competently to participate in modified versions of team and individual sports.	<ul style="list-style-type: none"> • All-Run Softball • All-Run Soccer Kickball • Modified Full-Court Games 	<ul style="list-style-type: none"> • Softball • Soccer • Basketball
H. Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing, cycling, or ropes courses.		

Content Standards	Sample Activities	Unit
2. Movement. The student applies movement concepts and principles to the learning and development of motor skills.		
A. Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand, practice specific game situations, or practice jumps or cartwheels in both directions.	<ul style="list-style-type: none"> • 3 Trap with Shot • 3 Trap Soccer • Circle Bump and Set 	<ul style="list-style-type: none"> • Hockey • Soccer • Volleyball
B. Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving.	<ul style="list-style-type: none"> • Throw for Distance • Overhead Serve • Overhead Pass 	<ul style="list-style-type: none"> • Softball • Volleyball • Basketball
C. Describe the importance of goal setting in improving skill.	<ul style="list-style-type: none"> • Frisbee Golf • Backyard Golf • Challenges 	<ul style="list-style-type: none"> • Frisbee • Golf • Hockey
D. Detect and correct errors in personal or partner's skill performance.	<ul style="list-style-type: none"> • Double Dutch Jumping • Bump to Partner • Pitch and Catch 	<ul style="list-style-type: none"> • Jump Rope • Volleyball • Softball
E. Make appropriate changes in performance based on feedback.	<ul style="list-style-type: none"> • Putting to Targets • Bump to Partner • Pitch and Catch 	<ul style="list-style-type: none"> • Golf • Volleyball • Softball

Content Standards	Sample Activities	Unit
<p>F. Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support to increase stability.</p>	<ul style="list-style-type: none"> • Fielding Ground Balls • Shuttle Run Practice 	<ul style="list-style-type: none"> • Softball • Track and Field
<p>G. Use basic offensive and defensive strategies while playing a modified version of a sport.</p>	<ul style="list-style-type: none"> • 3 Step Run with Defender • Small Sided Soccer • Modified Full Court Games 	<ul style="list-style-type: none"> • Field Games • Soccer • Basketball

Content Standards	Sample Activities	Unit
3. Physical activity and health. The student exhibits a health enhancing, physically-active lifestyle that provides opportunities for enjoyment and challenge.		
A. Describe and select physical activities that provide for enjoyment and challenge.	<ul style="list-style-type: none"> • Mini/Modified Volleyball Games • Double Dutch Jumping • Ultimate Frisbee 	<ul style="list-style-type: none"> • Volleyball • Jump Rope • Frisbee
B. Identify opportunities in the school and community for regular participation in physical activity.	<ul style="list-style-type: none"> • Miniature Golf • Frisbee Golf • Rope Skipping 	<ul style="list-style-type: none"> • Golf • Frisbee • Jump Rope
C. Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.	<ul style="list-style-type: none"> • Miniature Golf • Frisbee Golf • Rope Skipping 	<ul style="list-style-type: none"> • Golf • Frisbee • Jump Rope
D. Identify favorite lifelong physical activities.	Line Dance	Dance and Rhythms
E. Participate in moderate to vigorous physical activity for a sustained period of time on a regular basis.	<ul style="list-style-type: none"> • Run California • Rope Skipping 	<ul style="list-style-type: none"> • Power Walking/Jogging • Jump Rope
F. Maintain healthy levels of flexibility.	<ul style="list-style-type: none"> • See specific warm-up and cool-down procedures in each unit lesson • Run USA 	<ul style="list-style-type: none"> • Fun and Fitness Circuit • Power Walk and Jog

Content Standards	Sample Activities	Unit
G. Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
H. Evaluate personal fitness goals and make appropriate changes for improvement.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Run USA 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Power Walking/Jogging
I. Select and use appropriate technology tools to evaluate, monitor, and improve physical development.	<ul style="list-style-type: none"> • SPARK Physical Activity Log • SPARK Action Plan • Run USA 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Power Walking/Jogging

Content Standards	Sample Activities	Unit
4. Physical activity and health. The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.		
A. List long term physiological and psychological benefits that may result from regular participation in physical activity.	<ul style="list-style-type: none"> • Line Dances • Power Walk and Jog • Wallball 	<ul style="list-style-type: none"> • Dance and Rhythms • Power Walk and Jog • Wallball/Handball
B. Select aerobic exercises and describe the effects on the heart and overall health.	<ul style="list-style-type: none"> • Jogging • Fitness Circuit 	<ul style="list-style-type: none"> • Power Walk and Jog • Fun and Fitness Circuit
C. Assess physiological effects of exercise during and after physical activity.	<ul style="list-style-type: none"> • Jogging • Fitness Circuit 	<ul style="list-style-type: none"> • Power Walk and Jog • Fun and Fitness Circuit
D. Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.	5 Servings Tag	Games
E. Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity and time, and importance of balance in muscle pairs.	Jogging	Power Walk and Jog
F. Describe and predict the effects of stress management techniques on the body.	Jogging	Power Walk and Jog
G. Explain the effects of eating and exercise patterns on weight control, self-concept, and physical performance.	Jogging	Power Walk and Jog

Content Standards	Sample Activities	Unit
H. Recognize the effects of substance abuse on personal health and performance in physical activity.	Heart Alert	Games

Content Standards	Sample Activities	Unit
5. Physical activity and health. The student understands and applies safety practices associated with physical activities.		
A. Use equipment safely and properly.	<ul style="list-style-type: none"> • Swing • Pass Pass • Hurdle Practice 	<ul style="list-style-type: none"> • Golf • Hockey • Track and Field
B. Select and use proper attire that promotes participation and prevents injury.	Run California	<ul style="list-style-type: none"> • Power Walk and Jog
C. Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.	<ul style="list-style-type: none"> • Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
D. Analyze exercises for their effects on the body such as beneficial/potentially dangerous.	<ul style="list-style-type: none"> • Activity Log • SPARK Action Plan • Fitness Circuits 	<ul style="list-style-type: none"> • Extra Extra • Extra Extra • Fun and Fitness Circuits
E. Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.	<ul style="list-style-type: none"> • Run USA • Run California 	Power Walk and Jog

Content Standards	Sample Activities	Unit
6. Social development. The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.		
A. Distinguish between compliance and noncompliance with rules and regulations and apply agreed upon consequences when officiating.	<ul style="list-style-type: none"> • Speedball • Modified Full Court Games 	<ul style="list-style-type: none"> • Field Games • Basketball
B. Describe fundamental components and strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.	<ul style="list-style-type: none"> • 3 Step Run with Defender • Speedball • Frisbee Speedball 	<ul style="list-style-type: none"> • Field Games • Field Games • Frisbee

Content Standards	Sample Activities	Unit
7. Social development. The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.		
A. Solve problems in physical activities by analyzing causes and potential solutions.	<ul style="list-style-type: none"> • Hoodini Hoops • Bodyguards • Memory Ball 	Games
B. Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.	<ul style="list-style-type: none"> • Baton Shuttle Relays • Circle Bump and Set • Group Moon Ball 	<ul style="list-style-type: none"> • Track and Field • Volleyball • Games
C. Identify and follow rules while playing sports and games.	<ul style="list-style-type: none"> • Modified Full Court Games • Speedball • Mini/Modified Volleyball 	<ul style="list-style-type: none"> • Basketball • Field Games • Volleyball
D. Accept decisions made by game officials including student, teachers, and officials outside the school.		<ul style="list-style-type: none"> • Basketball • Soccer • Softball
E. Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.	<ul style="list-style-type: none"> • Modified Full Court Games • Small Sided Soccer • Mini/Modified Volleyball 	<ul style="list-style-type: none"> • Basketball • Soccer • Volleyball