

8th Grade Physical Education Targets

Motor Skills	Movement Knowledge	Self Control	Lifetime Behaviors
<p>___ I can learn and teach steps to a dance and perform it to music.</p>	<p>___ I can observe a volleyball game and identify skills that are used.</p>	<p>___ I can stay on task without close teacher monitoring.</p>	<p>___ I can assess my fitness level using a nationally normed fitness battery (Fitnessgram).</p>
<p>___ I can demonstrate 2 strategies while participating in basketball, volleyball and soccer.</p>	<p>___ I can observe a basketball game and identify what strategies would be best to use against the opponent.</p>	<p>___ I can explain how I would tell a teammate that he/she needs to improve their skills for the good of the team.</p>	<p>___ I can improve my motor fitness through a training and conditioning program.</p>
<p>___ I can demonstrate 3-5 skills while participating in basketball, volleyball and soccer.</p>	<p>___ I can effectively officiate a game of soccer, basketball, volleyball and/or badminton.</p>	<p>___ I can demonstrate only positive behavior despite losing or not accomplishing the task.</p>	<p>___ I can identify and explain an activity that allows me to self-express.</p>
<p>___ I can run the mile for time with consistent pacing.</p>			