



Standard 1: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.

General Information

Number: PE.8.M.1

Title: Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.

Type: Standard

Subject: Physical Education

Grade: 8

Strand: Movement Competency

This cluster includes the following benchmarks

Code	Description
PE.8.M.1.1:	Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.
PE.8.M.1.2:	Demonstrate critical elements when striking with an object or implement.
PE.8.M.1.3:	Demonstrate body management for successful participation in a variety of modified games and activities. <div data-bbox="610 1150 1406 1314" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Clarifications: Some examples of body management are balance and agility.</p> </div>
PE.8.M.1.4:	Apply principles of biomechanics necessary for safe and successful performance.
PE.8.M.1.5:	Demonstrate appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.
PE.8.M.1.6:	Demonstrate offensive, defensive and transition strategies and tactics.
PE.8.M.1.7:	Apply skill-related components of balance, reaction time, agility, coordination, power and speed to enhance performance levels.
PE.8.M.1.8:	Apply technology to evaluate, monitor and improve individual motor skills.

	<p>Clarifications: Some examples of technology are Excel spreadsheets or web based programs to chart or log activities, heart rate monitors, videotapes and digital cameras.</p>
PE.8.M.1.9:	Select and utilize appropriate safety equipment.

This cluster includes the following access points.

Independent

Access Point Number	Access Point Title
PE.8.M.1.In.a:	Demonstrate motor skills for a variety of individual/dual and extreme/alternative sports.
PE.8.M.1.In.b:	Demonstrate selected critical elements when striking with an object or implement.
PE.8.M.1.In.c:	Demonstrate body management for successful participation in modified games and activities.
PE.8.M.1.In.d:	Demonstrate principles of biomechanics necessary for safe and successful performance in activities.
PE.8.M.1.In.e:	Use appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.
PE.8.M.1.In.f:	Demonstrate offensive and defensive strategies and use guided transition strategies.
PE.8.M.1.In.g:	Demonstrate skill-related components of balance, reaction time, agility, coordination, power and speed to enhance performance levels.
PE.8.M.1.In.h:	Apply technology to develop, monitor and improve individual motor skills.
PE.8.M.1.In.i:	Select and utilize basic safety equipment.

Supported

Access Point Number	Access Point Title
PE.8.M.1.Su.a:	Use basic motor skills for a variety of modified individual/dual and extreme/alternative sports.
PE.8.M.1.Su.b:	Use selected critical elements when striking with a modified object or implement.
PE.8.M.1.Su.c:	Demonstrate body management for successful participation in selected modified games.

PE.8.M.1.Su.d:	Demonstrate at least one principle of biomechanics necessary for safe and successful performance in a variety of activities.
PE.8.M.1.Su.e:	Perform actions with appropriate speed and force when distance running, throwing, jumping, striking or kicking.
PE.8.M.1.Su.f:	Demonstrate modified offensive and defensive strategies and use guided transition strategies.
PE.8.M.1.Su.g:	Demonstrate skill-related components of balance, reaction time, agility, power and speed to enhance performance levels.
PE.8.M.1.Su.h:	Apply technology to monitor and improve individual motor skills.
PE.8.M.1.Su.i:	Utilize basic safety equipment.

Participatory

Access Point Number	Access Point Title
PE.8.M.1.Pa.a:	Perform movement skills for a variety of modified individual/dual or extreme/alternative sports.
PE.8.M.1.Pa.b:	Perform a striking movement with a modified object or implement.
PE.8.M.1.Pa.c:	Demonstrate body management for successful participation in a selected modified game or activity.
PE.8.M.1.Pa.d:	Demonstrate safe and successful movements in activities.
PE.8.M.1.Pa.e:	Perform selected actions with appropriate speed and force when distance running, throwing, jumping, striking or kicking.
PE.8.M.1.Pa.f:	Perform modified offensive and defensive movements and guided transition strategies.
PE.8.M.1.Pa.g:	Demonstrate a selected skill-related component of balance, reaction time, agility, power or speed to enhance performance levels.
PE.8.M.1.Pa.h:	Apply technology to improve individual movement skills.
PE.8.M.1.Pa.i:	Utilize selected safety equipment.