

**PULASKI COMMUNITY MIDDLE PHYSICAL EDUCATION  
BENCHMARKS AND PERFORMANCE INDICATORS  
GRADE 8**

<b>STANDARD A: Leading an Active Lifestyle</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Participate in physical activities that contribute to the attainment and maintenance of a healthy lifestyle.
8 B	Establish personal physical activity goals.
8 C	Participate in a variety of new activities in and outside of the physical education class.
<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
	1. Sets and describes performance on personal fitness goals based upon his/her results of fitness assessment, personal fitness goals, and interest.
	2. Analyzes and categorizes activities according to potential fitness benefits.
	3. Creates an individualized fitness program to enhance well-being.
<b>STANDARD B: Physical Skill Development</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Apply motor skills in modified group and individual game situations.
8 B	Develop strategies (skills) to accomplish lifelong activities.
8 C	Apply movement skills to perform lifelong activities.
<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
	1. Shows the ability to link basic skills together in a variety of physical activities.
<b>STANDARD C: Learning Skills</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Understand advanced movement forms associated with developing higher skills in physical activities.
<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
	1. Practices skills repetitively to improve performance or engages in activity to improve health status.
<b>STANDARD D: Understanding Physical Activity and Well-Being</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Express satisfaction when engaging in physical activity.
8 B	Understand how challenges can enhance his/her performance in physical activities.
8 C	Understand long-term physiological benefits of regular participants in physical activity.
8 D	Help to create an environment that provides for positive social interaction.

<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Reports a feeling of satisfaction on days when engaging in physical activity.
2.	Develops an activity plan including a variety of activities that will challenge and enhance personal skill levels.
3.	Designs a fitness plan that enhances the five areas of physical fitness.
4.	Demonstrates good sportsmanship and cooperation toward all peers.
<b>STANDARD E: Health-Enhancing Fitness</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Describe how to and develop a plan to improve his/her personal level of physical fitness.
8 B	Understand the role exercise plays in body composition.
8 C	Understand the basic principles of training that improve physical fitness.
<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Develops and applies a program that results in physiological and psychological benefits from physical activity.
2.	Describes how exercise can change body composition.
3.	Applies various physical activities to the appropriate health-related fitness component.
<b>STANDARD F: Respectful Behavior</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Follow rules, procedures, and etiquette in all physical-activity settings.
8 B	Work cooperatively with others to achieve a common goal in a physical activity.
8 C	Understand and follow the concept of "sportsmanship" and the importance of responsible behavior when participating in physical activities.
<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmarks will be satisfied when the student:</b>
1.	Meets goal while working cooperatively in an activity.
2.	Demonstrates behaviors that are supportive, inclusive, and fair in physical activity settings.
<b>STANDARD G: Appreciation of Differences</b>	
<b>Benchmarks Grade 8</b>	<b>The student will:</b>
8 A	Demonstrate respect and support for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability.
<b>Performance Indicators Grade 8</b>	<b>Performance on the preceding benchmark will be satisfied when the student:</b>
1.	Shows ability to work well with people of different gender, cultures, ethnicity, and ability levels in physical settings.