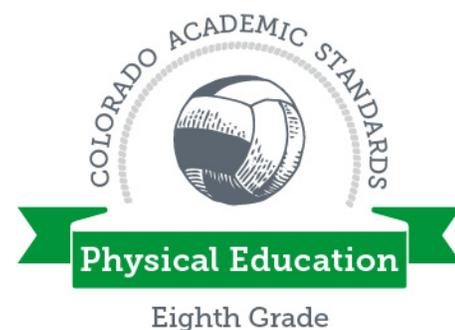


# A Guide to the Colorado Academic Standards



## Working Together

To support families and teachers in realizing the goals of the Colorado Academic Standards, this guide provides an overview of the learning expectations for eighth grade physical education and offers some possible learning experiences students may engage in during this school year.

## Why Standards?

Created by Coloradans for Colorado students, the Colorado Academic Standards provide a grade-by-grade road map to help ensure students are ultimately successful in college, careers, and life. The standards aim to improve what students learn and how they learn in ten content areas, emphasizing critical-thinking, creativity, problem solving, collaboration, and communication as important life skills in the 21st century.

## Physical Education for Middle Schools (6-8)

The physical education standards in grades six through twelve focus on enhancing health-related components of fitness and skill-related components of fitness and personal activity. In each grade, the standards ask students to refine various movement concepts, assess personal behaviors, connect fitness development to body systems, and utilize safety procedures during physical activities. Additionally, in the high school years, students are asked to develop personal fitness plans to reflect on benefits of committing to life-long health and wellness practices.

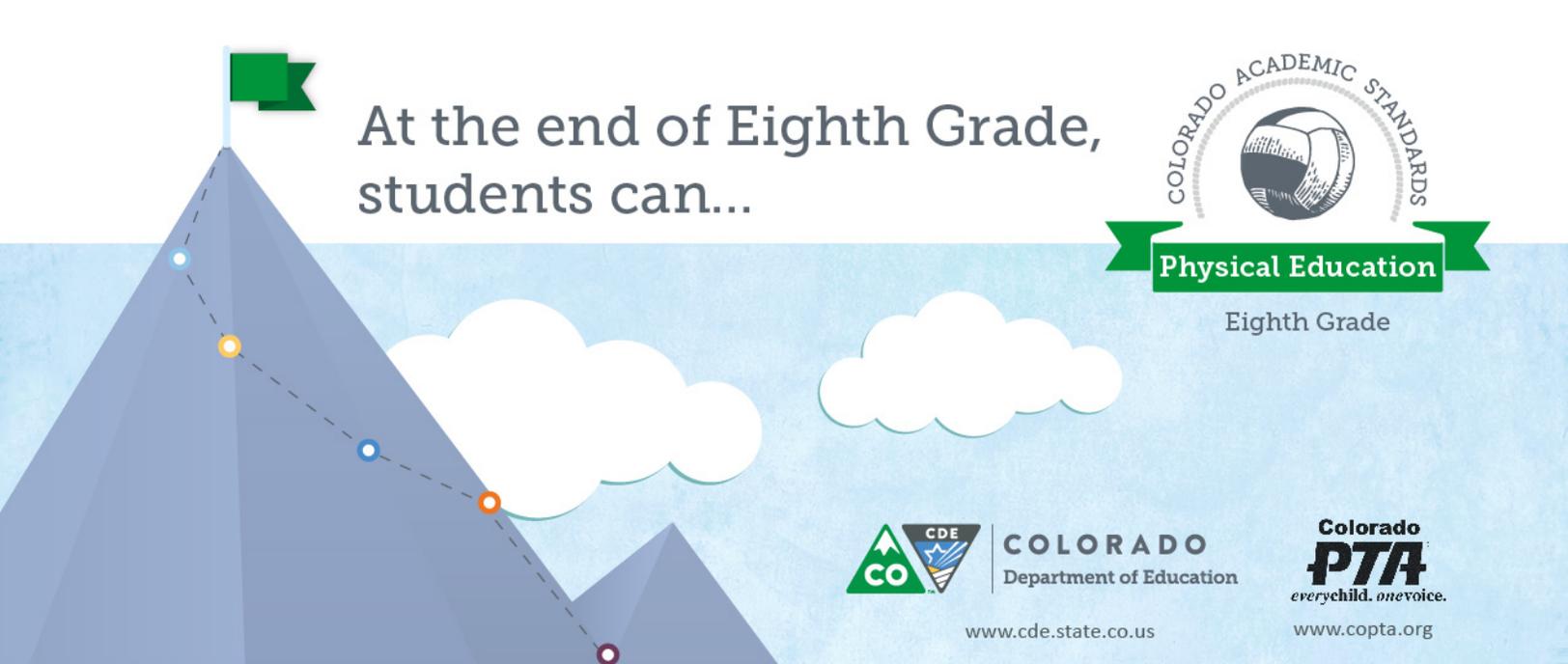
## Where can I learn more?

- Contact your school district regarding local decisions related to standards, curriculum, resources, and instruction.
- Colorado Academic Standards Booklets: <http://www.cde.state.co.us/standardsandinstruction/GradeLevelBooks.asp>
- Phyllis Reed, Comprehensive Health and Physical Education Content Specialist at 720-498-2059, [Reed\\_p@cde.state.co.us](mailto:Reed_p@cde.state.co.us)



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At the end of Eighth Grade,  
students can...



Physical Education

Eighth Grade



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## Physical Education Learning Expectations for Eighth Grade

### Movement Competence and Understanding

- Demonstrate knowledge of principles and concepts for effective rhythmic motor development (dance, gymnastics).
- Apply game strategies to physical activities and sports.

### Physical and Personal Wellness

- Connect personal, physiological, and fitness benefits to participation in a variety of physical activities.
- Evaluate personal responsibility in developing skills, acquiring knowledge, and achieving fitness.
- Determine preferences for life long participation in physical activities.

## Throughout the Eighth Grade, you may find students...

- Describing and demonstrating how movement skills learned in one physical activity can be transferred and used to help to learn another physical activity.
- Diagraming, explaining, and justifying offensive and defensive strategies in net/wall, target, invasion, and fielding/run-scoring games.
- Investigating the relationship between physical activity, nutrition, adequate rest and sleep, and weight management.
- Planning and implementing an extended personal physical fitness plan in collaboration with an instructor.
- Designing and participating in activities that will improve all components of health-related fitness.
- Evaluating the characteristics of a highly skilled performance for the purpose of improving personal performance.