****[**Welcome To Physical Education 8!**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?lang=en&XML=physical_education_8.xml)

***The Goals of K-12 Physical Education are:***

1. Active Living - Enjoy and engage in healthy levels of participation in movement activities to support lifelong active living in the context of self, family and community.
2. Skillful Movement - Enhance quality of movement by understanding, developing and transferring movement concepts, skills, tactics and strategies to a wide variety of movement activities
3. Relationships - Balance self through safe and respectful personal, social, cultural and environmental interactions in a wide variety of movement activities.

 ***Working to Develop PHYSICALLY LITERATE* *Individuals who*:**

* Move with competence in a variety of physical activities that benefit the development of the whole person.
* Consistently develop the motivation and ability to understand, communicate, apply, and analyze different forms of movement.
* Are able to demonstrate a variety of movements confidently, competently, creatively and strategically across a wide range of health-related physical activities.
* Make healthy, active choices that both benefit and respect their whole self, others, and their environment.

***There Are Three Rules To Expect In This Class:***

1. ***GIVE THE BEST OF YOURSELF*** that you have to give today.
2. ***BE RESPECTFUL*** of yourself, others and the equipment.
3. ***BE SAFE*** with both yourself and others.

***For Class You Will Need:***

1. A change of clothing that is comfortable for you to move in and respectful to others.
* T-shirts cover belly button with both hands raised overhead; T-shirts preferred over tank tops.
* Tank top straps are at least 2 inches wide with all undergarments covered.
* Shorts are at least mid-thigh length. Light sweats/yoga pants/wind pants are also welcome.
* Athletic footwear, preferably not outside footwear. Flip flops, clogs, flats, cowboy/roper boots, sandals, untied skater shoes are not appropriate footwear.
1. Any completed homework required.
2. Eye protection (shatter proof goggles/glasses) – option to order through the school at any time.
3. Badminton racquet - option to order through the school each spring.
4. Seasonal access to backpack, bicycle, skates, swimsuit, winter clothing.
5. An open mind, a desire to try new things and the ability to laugh at yourself☺

**Not only are individuals built for and need to move, they also need to appreciate and understand the “how’s, what’s, where’s & why’s” of movement... Welcome to Physical Education!**

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| **By The End Of PE 8 You Will Be Able To Say…** | **% of Final Mark** |
| 8.1 | [**Health-Related Fitness:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=11&lang=en&XML=physical_education_8.xml)I can create, use and make changes to my own daily fitness plan, using the F.I.T.T. principle, to improve my health-related fitness. | 13 | **Active Living****40%** |
| 8.2 | [**Muscular System:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=12&XML=physical_education_8.xml)I can demonstrate an understanding of the impact of exercise and inactivity on my major muscle groups (biceps, triceps, pectorals, abdominals, quadriceps, hamstrings). | 4 |
| 8.3 | [**Skill-Related Fitness:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=13&XML=physical_education_8.xml)I can carry out personal action plans to balance out my skill-related fitness (power, agility, speed, reaction time, balance, coordination). | 6 |
| 8.8-8.13 | *Flexible* | 17 |
| 8.4 | [**Complex Skills:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=14&XML=physical_education_8.xml)I can increase my performance and enjoyment using smooth transitions between various complex movement skills to do an activity. | 4 | **Skillful Movement****40%** |
| 8.5 | [**Biomechanics:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=15&XML=physical_education_8.xml)I can use Newton’s Laws of Motion and the biomechanics of levers and projectiles to increase my motor skills. | 6 |
| 8.6 | [**Concepts, Tactics & Strategies:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=16&XML=physical_education_8.xml)I can enhance my individual and team performance by planning tactics and strategies for each type of game: target, striking/fielding, net/wall, invasion/territorial & low organizational/inventive games.  | 8 |
| 8.7 | [**Decision Making:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=17&XML=physical_education_8.xml)I can analyze decisions made by myself and others under pressure in game situations and make suggestions for improvement next time. | 4 |
| 8.8 | [**Alternative Environment Activities:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=18&XML=physical_education_8.xml)I can transfer my skills and strategies to participate in outdoor education opportunities. | 8 |
| 8.9 | [**Movement Sequences:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=19&XML=physical_education_8.xml)I can create and perform (both leading and following) a smooth routine reflecting various movements alone and with others.  | 8 |
| 8.2-8.3 | *Flexible* | 2 |
| 8.10 | [**Volunteerism & Leadership:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=110&XML=physical_education_8.xml)I can create an action plan to support another individual’s repeated participation in physical activity. | 6 | **Relationships****20%** |
| 8.11 | [**Technological Influences:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=111&XML=physical_education_8.xml)I can demonstrate how technology has impacted fitness, fitness careers and well-being. | 2 |
| 8.12 | [**Basic First Aid:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=112&XML=physical_education_8.xml)I can demonstrate the skills required to administer first aid for physical activity related injuries. | 4 |
| 8.13 | [**Social Behaviour:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=113&XML=physical_education_8.xml)I can analyze and assess the impact of environmental influences on social behaviours in physical activity settings. | 4 |
| 8.14 | [**History & Culture:**](https://www.edonline.sk.ca/webapps/moe-curriculum-BBLEARN/index.jsp?view=indicators&subpage=114&XML=physical_education_8.xml)I can investigate the social, cultural and environmental influences on the need for recent physical activity initiatives to support active living and well-being. | 4 |