

Grade Eight Physical Education
Record of Student Achievement

Outcome 8.1 Health-related Fitness		Criteria for Achieving the Outcome						
Class:	Students	Uses challenging and safe strategies while participating in continuous aerobic activities.	Demonstrates and uses developmentally appropriate training techniques that benefit muscular endurance, muscular strength, flexibility and core strength.	Creates, implements, evaluates and revises a personal health-related fitness plan targeting health-related fitness components of cardiovascular endurance, muscular endurance, muscular strength and flexibility that involves setting goals for improvement and applies the F.I.T.T. principle.	Designs challenging fitness plans that follow the F.I.T.T. principle.	Compares personal fitness performance on appraisals to previous results, to evaluate and revise personal goals.	Maintains target heart zone for a minimum of 12 consecutive minutes.	

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Outcome 8.5 Biomechanics	Criteria for Achieving the Outcome						
	Describes and physically demonstrates Newton's Three Laws of Motion: external force; force, speed, mass; action/reaction.	Identifies and applies the biomechanical concepts related to the use of leverage as it relates to striking and how the length of the striking implement affects the amount of force.	Recognizes that the fulcrum of the lever is the joint, the force in the body is produced by the muscles and that bones are the rigid bars.	Demonstrates and explains the recommended angle of projection to support optimum performance of a variety of movement skills, including throwing and jumping.	Explores, applies and communicates the application of biomechanical concepts related to levers and projectiles, as well as Newton's Laws, to enhance and adjust movement in body management and game activities.		
Students							

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Outcome 8.6 Concepts, Tactics and Strategies Class:	Criteria for Achieving the Outcome						
	Discusses and applies the various concepts involved in target, striking/fielding, net/wall, invasion/territorial, low-organizational and inventive games.	Communicates, with clarity and correctness, and practices offensive and defensive tactics and strategies that reflect the performance concepts to be used as a team while participating in striking/fielding, net/wall, invasion/territorial, low-organizational and inventive games.	Explains and practices performance concepts and tactical decisions related to target games.	Collaboratively plan and implement the leading of physical experiences to enhance skill, or game tactic and strategic concepts.			

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Outcome 8.8 Alternate Environment Class:	Criteria for Achieving the Outcome						
	Willingly participates in a variety of alternate environment activities focusing on developing the skills that are unique to the activities.	Explains safety considerations and applies safe practices when participating in a variety of alternate environment activities.	Demonstrates an understanding of how to prepare and preserve the natural environment when using it for activities.	Creates and implements practice plans for skill development related to participation in specific alternate environment activities.			
Students							

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Outcome 8.10 Volunteerism and Leadership Class:	Criteria for Achieving the Outcome						
	Proposes strategies to create and implement a personal plan to increase and support someone's level of participation.	Willingly seeks advice and support for how to involve others in movement activities.	Shares personal reflections on the experience and success of engaging someone else in movement activity.	Describes the characteristics of individuals who may need encouragement to increase their level of participation and identifies potential barriers that limit their level of participation.			
Students							

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Outcome 8.11 Technological Influences Class:	Criteria for Achieving the Outcome						
	Discusses the fitness benefits of participation in movement activities that involve the use of gaming systems (after experiencing participation).	Explains how technology has improved the design and construction of sports equipment.	Demonstrates a clear understanding of the fitness benefits vs. dollar costs of equipment-related exercising options by comparing technologically advanced, less advanced equipment, and non-equipment options.	Demonstrates a clear understanding of the career options that would involve working with technology to support others' participation in movement activities.			
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