

## Physical Education – Grade 8

### Doing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
<b>Movement skills – Gymnasiums and Outdoors</b> (D1 and D9)	Frequently adapts fundamental movement skills into complex ones in multiple environments.	Generally adapts fundamental movement skills into complex ones in multiple environments.	Sometimes adapts fundamental movement skills into complex ones in multiple environments.	Rarely adapts fundamental movement skills into complex ones in multiple environments.
<b>Dance Patterns &amp; Creative Movements</b> (D2, D3)	Regularly follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.	Generally follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.	Sometimes follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.	Rarely follows dance steps and creates movement patterns with and/or without others using body, space, time, and energy.
<b>Catching and Throwing</b> (D4)	Always catches and throws an array of objects at varying speeds, accuracy and distance.	Usually catches and throws an array of objects at varying speeds, accuracy and distance.	Occasionally catches and throws an array of objects at varying speeds, accuracy and distance.	Never catches and throws an array of objects at varying speeds, accuracy and distance.
<b>Striking</b> (D5)	Frequently contacts a variety of objects at varying speeds, accuracy and distance using an implement (i.e., bat, stick, racket).	Generally contacts a variety of objects at varying speeds, accuracy and distance using an implement (i.e., bat, stick, racket).	Sometimes contacts a variety of objects at varying speeds, accuracy and distance using an implement (i.e., bat, stick, racket).	Rarely contacts a variety of objects at varying speeds, accuracy and distance using an implement (i.e., bat, stick, racket).
<b>Tactics &amp; Strategies</b> (D7 together with K7)	Frequently uses specific tactics and strategies in a variety of games that encompass different rules.	Generally uses specific tactics and strategies in a variety of games that encompass different rules.	Sometimes uses specific tactics and strategies in a variety of games that encompass different rules.	Rarely uses specific tactics and strategies in a variety of games that encompass different rules.
<b>Physical Fitness</b> (D8 together with K1 and K6)	Frequently applies concepts to improve fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, Balance) based on individual goals.	Generally applies concepts to improve fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, Balance) based on individual goals.	Sometimes applies concepts to improve fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, Balance) based on individual goals.	Rarely applies concepts to improve fitness levels (Flexibility, Cardiovascular, Muscular Strength & Endurance, Balance) based on individual goals.
<b>Evidence</b>	Observations (teacher and peers), checklists, rubrics, fitness testing, video analysis			

## Physical Education – Grade 8

### Knowing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
<b>Physical Fitness</b> (K1 and K6 together with D8)	Frequently demonstrates an understanding of setting and refining goals for enhancing a physically active lifestyle.	Generally demonstrates an understanding of setting and refining goals for enhancing a physically active lifestyle.	Sometimes demonstrates an understanding of setting and refining goals for enhancing a physically active lifestyle.	Rarely demonstrates an understanding of setting and refining goals for enhancing a physically active lifestyle.
<b>Principles of Training</b> (K2)	Frequently identifies and applies the principles of training (Frequency, Intensity, and Duration).	Generally identifies and applies the principles of training (Frequency, Intensity, and Duration).	Sometimes identifies and applies the principles of training (Frequency, Intensity, and Duration).	Rarely identifies and applies the principles of training (Frequency, Intensity, and Duration).
<b>Application of Nutrition and Fitness Components</b> (K3)	Expertly designs a personal fitness and nutrition plan.	Adeptly designs a personal fitness and nutrition plan.	With support designs a personal fitness and nutrition plan.	Is not able to design a personal fitness and nutrition plan.
<b>Rules and Guidelines</b> (K4 together with V2)	Frequently follows the rules and guidelines outlined in class and in specific activities.	Generally follows the rules and guidelines outlined in class and in specific activities.	Sometimes follows the rules and guidelines outlined in class and in specific activities.	Rarely follows the rules and guidelines outlined in class and in specific activities.
<b>Peer Coaching</b> (K5)	Consistently identifies, analyzes, and assists peers in developing fundamental movement skills.	Usually identifies, analyzes, and assists peers in developing fundamental movement skills.	Occasionally identifies, analyzes, and assists peers in developing fundamental movement skills.	Seldom identifies, analyzes, and assists peers in developing fundamental movement skills.
<b>Evidence</b>	Setting and achieving personal goals, journals, oral or written tests, quizzes, posters, observations (teacher and peers) using checklists, rubrics			

## Physical Education – Grade 8

### Valuing

Topic	4 - Excelling	3 - Meeting	2 - Approaching	1 - Working Below
<b>Level of Enjoyment</b> (V1 & V3)	In their own words, can thoughtfully express the enjoyment from being physically active.	In their own words, can generally express the enjoyment from being physically active.	In their own words, can slightly express the enjoyment from being physically active.	Is unwilling to express the enjoyment from being physically active.
<b>Cooperative Play</b> (V2 and V6 together with K4)	Frequently shows fair play and etiquette by cooperating with others.	Generally shows fair play and etiquette by cooperating with others.	Sometimes shows fair play and etiquette by cooperating with others.	Rarely shows fair play and etiquette by cooperating with others.
<b>Level of Participation</b> (V4)	Frequently demonstrates a willingness to participate and is always receptive to a variety of activities.	Generally demonstrates a willingness to participate and is always receptive to a variety of activities.	Sometimes demonstrates a willingness to participate and is always receptive to a variety of activities.	Rarely demonstrates a willingness to participate and is always receptive to a variety of activities.
<b>Leadership Skills</b> (V5)	Frequently willing to accept responsibility of tasks/roles associated with various physical activities.	Generally willing to accept responsibility of tasks/roles associated with various physical activities.	Sometimes willing to accept responsibility of tasks/roles associated with various physical activities.	Rarely willing to accept responsibility of tasks/roles associated with various physical activities.
<b>Evidence</b>	Discussions, surveys, questionnaires, observations (teacher and peers), journals, portfolios			