8th Grade Semester Two

**Personal Fitness**

I will participate in pre and post fitness assessments to set goals to improve my fitness level.

I will compare physical activity and calorie expenditure.

I will participate in different types of training to reach my fitness goals.

**8th semester 2**

**Shooting**

I will shoot from a dribble; pivot and shoot; give and go, catch, shoot; pass/shoot; shooting with defenders

I will analyze using a rubric to assess effective use of shooting that contributes to movement proficiency in full game situations.

I will be able to determine what is needed to improve, refine and acquire to improve shooting skill needed for success.

I will determine appropriate responses that best demonstrate good sportsmanship.

**8th semester 2**

**Dribbling**

I will dribble from a pass; pivot and dribble; pass/shoot; maintaining dribbling while avoiding defenders.

I will analyze using a rubric to assess effective use of dribbling that contributes to movement proficiency in full game situations.

I will be able to determine what is needed to improve, refine and acquire to improve dribbling skill needed for success.

I will determine appropriate responses that best demonstrate good sportsmanship.

**8th semester 2**

**Rhythmic Activities**

I will create movement routines combining 5 or more skills keeping to the beat of the music.

I will use a rubric to assess skill level in a rhythmic activity.

I will demonstrate positive behaviors while working with a partner or group to develop a rhythmic routine.

**8th Semester 2**

**Individual/Team Strategies**

I will describe various scientific principles and how it applies to movement.

I will use a checklist to identify important parts of a skills performance.

I will refine and build new skills by using complex moving skills.

**8th Semester 2**

**Striking with implements**

I will use the correct combination of skills in different games and activities.

I will use the correct striking skill and movement skills when participating in a small sided game.

I will make the safe and decision based on the situation.

**8th Semester 2**

**Striking with feet**

I will properly strike the ball with various parts of the foot towards a target, using varying types of passes in game situations.

I will perform a partner observation to identify evidence of critical elements included in striking with the feet.

I will work with my teammates to accomplish our goals.

**8th Semester 2**

**Striking for accuracy and distance**

I will use the correct combination of skills in different games and activities.

I will use the correct striking skill and movement skills when participating in a small sided game.

I will make the safe and decision based on the situation.