

8TH GRADE PHYSICAL DEVELOPMENT CHECKLIST
Goals 19 - 24
Illinois Learning Standards A-C
Performance Descriptors

MOVEMENT AND SAFETY

- _____ Utilize a variety of motor patterns while manipulating objects (changing pathway, direction).
- _____ Use correct form while performing skills during activities, games, or sport.
- _____ Demonstrate effective skill performance in selected activities, games, or sport.
- _____ Identify personal performance factors that impact the outcome of activities, games, or sport.
- _____ Identify mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base) in a variety of locomotor, non-locomotor, and manipulative skills.
- _____ Relate biomechanical principles to mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base).
- _____ Demonstrate mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base) in a variety of manipulative skills.
- _____ Predict the result of a change in movement by manipulating a biomechanical principle (i.e., the harder you hit an object, the farther it will go).
- _____ Observe and critique performance of a manipulative skill of a classmate and identify the effective use of mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base).
- _____ Engage in safe practices before, during, and after activities, games, or sports.
- _____ Demonstrate cooperative strategies during physical activity.
- _____ Apply offensive, defensive, and cooperative strategies used during activities, games, or sports.
- _____ Apply rules during physical activity.
- _____ Demonstrate good sportsmanship.

FITNESS

- _____ Describe the benefits of various activities on the fitness components.
- _____ Identify potential risks to health based on components of a fitness profile that are below the healthy level.
- _____ Understand how exercise effects body composition.
- _____ Participate in health-enhancing levels of physical activity on a daily basis.
- _____ Participate in a progression of activities that will maintain or improve personal fitness levels.
- _____ Demonstrate muscular strength while engaged in physical activity.
- _____ Demonstrate muscular endurance while engaged in physical activity.
- _____ Demonstrate flexibility while engaged in physical activity.
- _____ Demonstrate cardiovascular fitness while engaged in physical activity.
- _____ Define principles of training (FITT: frequency, intensity, time, and type) in a physical activity.
- _____ Use appropriate vocabulary to identify the principles of health-related fitness.
- _____ Apply principles of FITT to establish a progression for improving fitness components.
- _____ Apply principles of FITT to establish a warm-up, workout, and cool down as elements of a workout plan.
- _____ Demonstrate effective use of heart rate monitor during physical activity.
- _____ Calculate resting, target, and recovery heart rates.
- _____ Record individual resting, target, and recovery heart rates during selected fitness activities.
- _____ Compare resting heart rate to recovery heart rate.
- _____ Report the perceived level of exertion during an activity.
- _____ Evaluate fitness scores using health-related test norms.
- _____ Select activities to improve physical fitness level.

- _____ Match health-related fitness components to a valid assessment of each component.
- _____ Understand how to set a realistic fitness goal.
- _____ Develop short-term and long-term goals as related to fitness.
- _____ Select a health-related fitness component, set a short-term goal, and write a plan.
- _____ Select a health-related fitness component, set a long-term goal, and write a plan.
- _____ Identify opportunities within the community for regular participation in physical activities (e.g., swimming, community walks and runs, park district programs).
- _____ Identify facilities within the community to use for regular participation in physical activities (e.g., parks, ice rinks, tennis courts).
- _____ Use frequency, intensity, time, and type (FITT) when writing a plan to meet your fitness goal.
- _____ Implement healthy behavioral choices as part of a fitness program.

RESPONSIBLE PLAY

- _____ Establish various roles within groups that are engaged in physical activity.
- _____ Demonstrate individual responsibility during group physical activity.
- _____ List the leadership skills used when participating in physical activity.
- _____ Demonstrate the decision-making model.
- _____ Remain on task when participating in group physical activity until a task is completed.
- _____ Demonstrate safety rules in effect during group physical activity.
- _____ Engage in physical activity when under the direction of a leader.
- _____ Create rules for large groups engaged in physical activity.
- _____ Examine the roles individuals play in group physical activity.
- _____ Examine how to change the rules of an activity or game in order to include every participant.

GROUP PHYSICAL ACTIVITY

- _____ Apply leadership skills in various settings during structured group physical activity.
- _____ Develop a strategy to maximize the contribution of all members of a group during structured group physical activity.
- _____ Apply decision-making model strategies during a variety of structured group physical activities.
- _____ Identify positive and negative peer influences when participating in structured group physical activity.
- _____ Create a plan for improvement of roles played in a cooperative group physical activity.
- _____ Resolve interpersonal conflict during structured group physical activity.
- _____ Respect the contribution of others when participating in structured group physical activity.
- _____ Make choices based on providing safety to self and others during structured group physical activity.
- _____ Find positive ways to assert independence during structured group physical activity.
- _____ Consider consequences when confronted with behavior choices when participating in structured group physical activity.