

Grade 8 Physical Education Summary

Name:

Outcome	Score	Comments
8.1 Health Related Fitness		
8.2 Muscular System		
8.3 Skill Related Fitness		
8.4 Complex Skills		
8.5 Biomechanics		
8.6 Concepts, Tactics & Strategies		
8.7 Decision Making		
8.8 Alternate Environment Activities		
8.9 Movement Sequences		
8.10 Volunteerism & Leadership		
8.11 Technological Influences		
8.12 Basic First Aid		
8.13 Social Behaviour		
8.14 History and Culture		

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Comments



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Outcome 8.1 Health Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate and regularly engage in continuous aerobic activity	Can exceed 12 minutes	Can perform 12 minutes	Can perform for 10 minutes	Can perform for 8 minutes	Can perform for 6 minutes or less		
Demonstrate and use resistance training to improve muscular strength and endurance	Can identify 10 or more appropriate training techniques	Can identify 8 or more appropriate training techniques	Can identify 6 or more appropriate training techniques	Can identify 4 or less appropriate training techniques	Has not demonstrated appropriate training techniques		
Demonstrate and regularly use different types of flexibility exercises	Can demonstrate 25 or more flexibility exercises incorporating dynamic, static and passive	Can demonstrate 20 or more flexibility exercises incorporating dynamic, static and passive	Can demonstrate 15 or more flexibility exercises incorporating dynamic, static and passive	Can demonstrate 10 or more flexibility exercises incorporating dynamic, static and passive	Has not demonstrated at least 5 flexibility exercises		
Implement effective strategies for improving core strength	Correctly uses at least 10 exercises	Correctly uses at least 8 exercises	Correctly uses at least 6 exercises	Correctly uses at least 4 or less exercises	Has not demonstrated effective strategies for improving core strength		
Analyze personal fitness appraisals to determine personal strengths and weaknesses to create and implement a personal fitness plan	Revise and re-evaluate your fitness plan in all 4 components of health related fitness	Evaluate your personal fitness plan which includes all 4 health related fitness components	Implement a personal fitness plan which includes at least 3 health related fitness components	Create a personal fitness plan which includes at least 2 health related components	Has not created a personal fitness plan		

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Outcome 8.2 Muscular System

Trait	5	4	3	2	1	Points Earned	Comments
Identifies 12 major muscles and groupings	Identifies all 12 plus quads, hamstrings and calf muscles	Identifies correctly 11 or 12	Identifies correctly 9 or 10	Identifies 7 or 8	Identifies less than 6		
Demonstrates exercises that will affect muscular endurance	1 exercise for at least 8 named muscles or groups	4 or more exercises for upper and lower body	3 exercises for upper and lower body	Exercises does not match component	Cannot demonstrate exercise		
Demonstrates exercise that will affect muscular strength	1 exercise for at least 8 named muscles or groups	4 or more exercises for upper and lower body	3 exercises for upper and lower body	Exercise does not match component	Cannot demonstrate exercise		
Demonstrates exercise that will affect flexibility	1 exercise for at least 8 named muscles or groups	4 or more exercises for upper and lower body	3 exercises for upper and lower body	Exercise does not match component	Cannot demonstrate exercise		
Ability to communicate the benefits of having strong and flexible muscles	Can discuss current trends, news or research on benefits	Explains 4 or more reasons	Explains at least 3 reasons	Explains 1 reason	Cannot explain any reasons		
Explain need to work opposing muscles and use/disuse principle	Create and use plan to work at least 3 opposing muscles or groups with and without equipment	Creates and uses plan to work at least 2 opposing muscles or group with and without equipment	Creates and uses plan when told by teacher	Sometimes can correctly use opposing muscles when told by teacher	Does not use opposing muscle groupings		

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Outcome 8.3 Skill Related Fitness

Trait	5	4	3	2	1	Points Earned	Comments
Assess personal fitness level. Participates in and sets personal goals for improvement in the skill-related components of fitness	Research training methods and implement a plan for improvement in the skill related components of fitness	Completes all of the fitness appraisals and sets personal goal for improvement	Completes 4 components and implements plan	Completes 3 or less components	Participates in activities but has no plan for improvement		

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Outcome 8.4 Complex Skills

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate complex skills that combine locomotor, non-locomotor and manipulative skills	Can repeatedly perform a complex skill at game speed without hesitation	Can perform the complex skill automatically but not controlled in a game situation	Can perform the complex skill occasionally in a controlled situation	Attempts to demonstrate the complex skill	Does not demonstrate any complex skills		
	*Utilize often in all complex skills						

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Outcome 8.5 Biomechanics

Trait	5	4	3	2	1	Points Earned	Comments
Understand the biomechanical principle of levers	Use the principle of levers to apply and adjust movement to enhance performance	Can describe and demonstrate the impact of levers	Can communicate the impact levers have on movement	Explores the use of levers	Has no understanding of the principle of levers		
Understand the biomechanical principles of Newton's Laws of Motion	Use the principle of Newton's laws to adjust movement to enhance performance	Can describe and demonstrate all 3 Newton's Laws of Motion	Can communicate at least 2 of Newton's 3 Laws of Motion	Can communicate 1 of Newton's 3 Laws of Motion	Has no understanding of Newton's Laws of Motion		
Understand the biomechanical principle of projectiles	Use the principle of projectiles to adjust movement to enhance performance	Can describe and demonstrate the impact of projectiles	Can communicate the impact projectiles have on movement	Explores the use of projectiles	Has no understanding of the principle of projectiles		

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Outcome 8.6 Concepts, Tactics & Strategies

Trait	5	4	3	2	1	Points Earned	Comments
Collaboratively design and implement a plan to apply the tactics and strategies of offense in striking/fielding, invasion/ territorial and low-organizational games	Collaboratively able to create and demonstrate offensive tactics and strategies and teach others for understanding	Collaboratively create and demonstrate offensive tactics and strategies of offense in striking/fielding, invasion/ territorial and low-organizational games	Individual design and implement a plan, with guidance	Individually design and implement a plan, with guidance	Does not understand the concept of offense		
Collaboratively design and implement a plan to apply the tactics and strategies of defense in striking/fielding, invasion/ territorial and low-organizational games	Collaboratively able to create and demonstrate defensive tactics and strategies and teach others for understanding	Collaboratively create and demonstrate offensive tactics and strategies of defense in striking/fielding, invasion/ territorial and low-organizational games	Individual design and implement a plan, with guidance	Individually design and implement a plan, with guidance	Does not understand the concept of defense		
Collaboratively design and implement a plan to apply the tactics and strategies of target games	Can explain and demonstrate tactical decisions related to target games and teach others understanding	Can explain and demonstrate tactical decisions related to target games	Can explain tactical decisions related to target games	Can demonstrate tactical decisions related to target games	Does not understand the concept of target games		

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Outcome 8.7 Decision Making

Trait	5	4	3	2	1	Points Earned	Comments
Analyze situational decisions of self and others while playing the game	Can make revisions to tactical and strategic choices and use them to enhance future choices	Can make decisions about tactical and strategic choices to advance self and others	Can make decisions about tactical and strategic choices to advance individual performance	Attempts to make tactical and strategic choices	Cannot make a decision for self or others		

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Outcome 8.8 Alternate Environment Activities

Trait	5	4	3	2	1	Points Earned	Comments
Apply and adapt selected activity-related skills and strategies required in alternate environment activities	Can inform others of alternate environment activities and their benefits	Can make changes to skills in order to enhance enjoyment of the alternate environment activities	Can make changes to skills on the advice of others to enhance the enjoyment of the alternate environment activities	Willing participates in alternate environment activities	Does not participate		

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Outcome 8.9 Movement Sequences

Trait	5	4	3	2	1	Points Earned	Comments
Design and perform movement sequences	Design and perform a movement sequence using performance cues		Designs a movement sequence but does not perform it	Can perform a movement sequence pattern provided by another	Does not design or perform movement sequence		
Design and perform body management activities	Design and perform body management activities using performance cues		Designs a body movement activity but does not perform it	Can perform a body movement activity provided by another	Cannot not design or perform a body management activity		

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Outcome 8.10 Volunteerism & Leadership

Trait	5	4	3	2	1	Points Earned	Comments
Create and implement a plan to involve others in repeated participation	Create and implement a personal plan to increase another's level of participation 5 or more times	Create and implement a personal plan to increase another's level of participation 4 times	Create and implement a personal plan to increase another's level of participation 3 times	Create and implement a personal plan to increase another's level of participation 2 times	Create and implement a personal plan to increase another's level of participation once or fewer		

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Outcome 8.11 Technological Influences

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate an understanding of the impact and current and emerging technologies	Critically analyzes the impact of technology on fitness	Uses technology to increase levels of fitness	Understands that technology can improve fitness levels	Participates in discussion about technology and fitness	Listens to discussion about technology and fitness		

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Outcome 8.12 Basic First Aid

Trait	5	4	3	2	1	Points Earned	Comments
Demonstrate the skills required to administer basic first aid as a result of injury caused by participation in movement activities	Can demonstrate and add more than basic knowledge to a first aid scenario	Understands and demonstrates basic first aid principles	Understands and demonstrates some elements of basic first aid	Is in the process of learning basic first aid principles	Does not know basic first aid principles		

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Outcome 8.13 Social Behaviour

Trait	5	4	3	2	1	Score	Comments
Demonstrates a personal commitment to positive social behavior while participating in and watching activities (Hellison's Model)	Level Five: Caring Exhibits all of level four Works with everyone in the class willing Compliments and encourages others Takes care of equipment Asks and provides assistance to teacher and other student Concerned with the progress of others	Level Four: Self-Responsibility Shows respect Makes good choices Honest and fair Admits mistakes and apologizes Works on activities independent of teachers Works with other to settle argument quickly	Level Three: Involvement Listens and follows direction Shows at least minimal respect Stays on task only when teacher is watching Willing to try and are involved in activities Participates with reservation	Level Two: Self Control Does not call names Controls temper Does not disrupt class Listens, but does not actively -participate Really does not put forth any effort Cruising in neutral, but not bothering anybody	Level One: Irresponsible Blames others Name calling Disruptive Negative Makes excuses Does not play by the rules Aggressive behavior Does not listen or participate		

Comments

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Outcome 8.14 History & Culture

Trait	5	4	3	2	1	Points Earned	Comments
Analyze the influences of past and present social, cultural, and environmental perspectives on the need for recent physical movement initiatives	Can discuss in detail why movement initiatives are important in society today	Understands that physical movement initiatives have a purpose in society	Can describe movement initiatives that are present in today's society	Can list some movement initiatives with some prompting	Cannot discuss or list any movement initiatives in society		

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Grade 8 Physical Education – Anecdotal Notes

Name: