

Standard 1

Clarifications:

Some examples of technology are Excel spreadsheets or

PE.8.M.1.Su.d:	Demonstrate at least one principle of biomechanics necessary for safe and successful performance in a variety of activities.
PE.8.M.1.Su.e:	Perform actions with appropriate speed and force when distance running, throwing, jumping, striking or kicking.
PE.8.M.1.Su.f:	Demonstrate modified offensive and defensive strategies and use guided transition strategies.
PE.8.M.1.Su.g:	Demonstrate skill-related components of balance, reaction time, agility, power and speed to enhance performance levels.
PE.8.M.1.Su.h:	Apply technology to monitor and improve individual motor skills.
PE.8.M.1.Su.i:	Utilize basic safety equipment.

Participatory

Access Point Number	Access Point Title
PE.8.M.1.Pa.a:	Perform movement skills for a variety of modified individual/dual or extreme/alternative sports.
PE.8.M.1.Pa.b:	Perform a striking movement with a modified object or implement.
PE.8.M.1.Pa.c:	Demonstrate body management for successful participation in a selected modified game or activity.
PE.8.M.1.Pa.d:	Demonstrate safe and successful movements in activities.
PE.8.M.1.Pa.e:	Perform selected actions with appropriate speed and force when distance running, throwing, jumping, striking or kicking.
PE.8.M.1.Pa.f:	Perform modified offensive and defensive movements and guided transition strategies.
PE.8.M.1.Pa.g:	Demonstrate a selected skill-related component of balance, reaction time, agility, power or speed to enhance performance levels.
PE.8.M.1.Pa.h:	Apply technology to improve individual movement skills.
PE.8.M.1.Pa.i:	Utilize selected safety equipment.