

Texas Essential Knowledge and Skills

Grade 8

Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Physical Fitness

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (8.5)
(B) Select and use proper attire that promotes participation and prevents injury.
(C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environment conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.
- (8.7)
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
- (8.3)
(B) Identify opportunities in the school and community for regular participation in physical activity;

**Texas Essential Knowledge and Skills
Grade 8**

Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Physical Fitness

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Physical Fitness

(8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(8.1)
(C) Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking.

(8.2)
(C) Describe the importance of goal setting and improving skills;
(E) Make appropriate changes in performance based on feedback.

(8.3)
(G) Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back and legs.
(H) Evaluate personal fitness goals and make appropriate changes for improvements.
(I) Select and use appropriate technology tools to evaluate monitor, and improve physical development.

**Texas Essential Knowledge and Skills
Grade 8**

Physical Fitness

Movement
Physical Activity and Health
Social Development
Physical Fitness

Anchors

(8.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Physical Fitness

(8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

Physical Fitness

(8.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.4)
- (A) List long term physiological and psychological benefits that may result from regular participation in physical activity.
- (B) Select aerobic exercises and describe the effects on the heart and overall health.
- (C) Assess physiological effects of exercise during and after physical activity.
- (D) Identify proteins, fats, carbohydrates, water, vitamins, and minerals as key elements found in foods that are necessary for optimal body function.
- (E) Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs.
- (8.3)
- (F) Maintain healthy levels of flexibility;
- (8.4)
- (F) Describe and predict the effect of fitness-related stress management techniques on the body.
- (G) Explain the effects of eating and exercise patterns on weight control, self-concept and physical performance.
- (H) Recognize the effects of substance abuse on personal health and performance in physical activity.

**Texas Essential Knowledge and Skills
Grade 8**

Leisure/Lifetime Sports

Movement
Physical Activity and Health
Social Development

Anchors

Golf

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Golf

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Golf

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Golf

(8.3) Physical Activity and Health
The student exhibits a health enhancing physical active lifestyle that provides opportunities for enjoyment and challenge.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
(F) Demonstrate, without cue, critical elements in specialized skills related to sports.
- (8.2)
(C) Describe the importance of goal setting and improve skills;
(D) Detect and correct errors in personal or partner’s skill performance.
(E) Make appropriate changes in performance based on feedback.
- (8.2)
(F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (8.3)
(C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.
(D) Identify favorite lifelong physical activities.
(A) Describe and select physical activities that provide of enjoyment and challenge.
- (8.1)
(H) Demonstrate introductory outdoor pursuit skills such as backpacking, rock climbing, orienteering, hiking, canoeing,, cycling, or ropes courses.

Texas Essential Knowledge and Skills

Grade 8

Leisure/Lifetime Sports

Movement
Physical Activity and Health
Social Development

Anchors

Golf

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Golf

(8.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance and gymnastics.

Golf

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

(8.5)

- (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.

(8.6)

- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
- (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.

(8.7)

- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
- (C) Identify and follow rules while playing sports and games.
- (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8**

Individual/Dual Sports

Movement
Physical Activity and Health
Social Development

Archery

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Archery

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Archery

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Archery

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
(E) Make appropriate changes in performance based on feedback.
- (8.5)
(B) Select and use proper attire that promotes participation and prevents injury.
(C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environment conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.
- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
- (8.7)
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development
 Badminton
 Tennis

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (B) Identify and apply similar movement concepts and elements in a variety of sports skills such as throwing and tennis serving;
 - (C) Describe the importance of goal setting and improving skills;
 - (D) Detect and correct errors in personal or partner's skills performance.
 - (E) Make appropriate changes in performance based on feedback.
 - (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
 - (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

**Texas Essential Knowledge and Skills
Grade 8
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development
 Badminton
 Tennis

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
- (D) Accept decisions made by game officials such as student, teachers, and officials outside the school.
- (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
- (C) Identify and follow rules while playing sports and games.

**Texas Essential Knowledge and Skills
Grade 8**

Leisure/Lifetime Sports

		Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Movement Physical Activity and Health Social Development Bowling	Anchors (8.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(8.2) (C) Describe the importance of goal setting and improving skills. (D) Detect and correct errors in personal or partner’s skills performance. (E) Make appropriate changes in performance based on feedback. (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
Bowling	(8.3) Physical Activity and Health The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.	(8.3) (C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities. (D) Identify favorite lifelong physical activities.
Bowling	(8.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	(8.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.

**Texas Essential Knowledge and Skills
Grade 8
Tumbling**

Movement
Physical Activity and Health
Social Development
Tumbling

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.

**Texas Essential Knowledge and Skills
Grade 8
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development
Outdoor Pursuit Skills-
Orienteering

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

(8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Tumbling**

Movement
Physical Activity and Health
Social Development
Tumbling

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Tumbling

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Tumbling

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2) (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
- (D) Detect and correct errors in personal or partner’s skill performance.
- (E) Make appropriate changes in performance based on feedback.
- (8.2) (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (8.5) (A) Use equipment safely and properly.
- (B) Select and use proper attire that promotes participation and prevents injury.
- (D) Analyze exercise for their effects on the body such as beneficial/potentially dangerous.

**Texas Essential Knowledge and Skills
Grade 8
Individual/Dual Sports**

Movement Physical Activity and Health Social Development Table Tennis	Anchors	Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Table Tennis	(8.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(8.2) (E) Make appropriate changes in performance based on feedback.
Table Tennis	(8.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	(8.5) (A) Use equipment safely and properly. (B) Select and use proper attire that promotes participation and prevents injury.
Table Tennis	(8.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity activity settings.	(8.7) (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.
Table Tennis	(8.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(8.7) (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Leisure/Lifetime Sports**

Movement
Physical Activity and Health
Social Development
Rope Skipping

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Rope Skipping

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Rope Skipping

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
(D) Detect and correct errors in personal or partner’s skill performance.
(E) Make appropriate changes in performance based on feedback.
- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury..
- (8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative setting.
(8.7)
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8**

Individual/Dual Sports

Movement
Physical Activity and Health
Social Development
Track and Field

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Track and Field

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (C) Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking;
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
- (8.2)
- (C) Describe the importance of goal setting and improving skill;
 - (D) Detect and correct errors in personal or partner's skill performance.
 - (E) Make appropriate changes in performance based on feedback.
 - (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Softball

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Softball

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
(A) Coordinate movements with teammates to achieve team goals.
(F) Demonstrate, without cue, critical elements in specialized skills related to sports.
(G) Combine skills competently to participate in modified versions of team and individual sports.
- (8.2)
(A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice with non-dominant hand practice jumps or cartwheels in both directions.
(B) Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving;
(C) Describe the importance of goal setting and improving skill;
(D) Detect and correct errors in personal or partner's skill performance.
(E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 8
Individual/Dual Sports**

Movement
Physical Activity and Health
Social Development
Track and Field

Anchors

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Track and Field

(8.7) Social Development
The student positive self-management and social skills needed to work independently and with others in physical activity settings.

Track and Field

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.5)
 - (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.
 - (C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environmental conditions such as wind, cold, heat, and insects and recommend prevention and treatment.
 - (E) Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion, and heat cramps and recommend prevention methods.
- (8.7)
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.
 - (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
- (8.7)
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8**

Team Sports

Movement
Physical Activity and Health
Social Development
Softball

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Softball

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Softball

(8.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
(F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
(G) Use basic offensive and defensive strategies while playing a modified version of a sport.
- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
- (8.6)
(A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating
(B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back-up other players.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Softball

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials such as a student, teachers, and officials outside the school.
 - (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Basketball

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
- (A) Coordinate movements with teammates to achieve team goals.
- (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and the ball.
- (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
- (G) Combine skills competently to participate in modified versions of team and individual sports.
- (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Basketball

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Basketball

(8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions;
 - (B) Identify and apply similar movement concepts and elements in a variety of sports skills such as throwing and tennis serving.
 - (C) Describe the importance of goal setting and improving skill;
 - (D) Detect and correct errors in personal or partner's skill performance
 - (E) Make appropriate changes in performance based on feedback.
- (8.3)
- (C) Participate in games, sports, dance, and/or outdoor, pursuits in and outside of school based on individual interests and/or capabilities.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Basketball

Anchors

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Basketball

(8.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

Basketball

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
- (8.6)
(A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating;
(B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes give and go, target-concentration, feel the movement, and fielding-back up other players.
- (8.7)
(A) Solve problems in physical activities by analyzing causes and potential solutions;
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
(D) Accept decisions made by game officials such as student, teachers, and officials outside the school.
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and
(C) Identify and follow rules while playing sports and games.

**Texas Essential Knowledge and Skills
Grade 8**

Team Sports

Movement
Physical Activity and Health
Social Development
 Flag Football

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
- (A) Coordinate movements with teammates to achieve team goals.
 - (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.
 - (C) Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, kicking.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Flag Football

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Flag Football

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice with non-dominant hand practice jumps or cartwheels in both directions.
- (B) Identify and apply similar movements concepts and elements in variety of sports skills such a throwing and tennis serving;
- (C) Describe the importance of goal setting and improving skill;
- (D) Detect and correct errors in personal or partner’s skill performance.
- (E) Make appropriate changes in performance based on feedback.

- (8.2)
- (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
- (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Flag Football

Anchors

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Flag Football

(8.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.5)
- (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.
 - (C) Include warm-up and cool-down procedures regularly during exercise; monitor potentially dangerous environment conditions such as wind, cold, heat, and insects; and recommend prevention and treatment.
 - (E) Recognize harmful effects of the sun such as sunburn, heatstroke, heat exhaustion and heat cramps and recommend prevention materials.
- (8.6)
- (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
 - (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and field-back up other players.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Flag Football

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physically activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials such as students, teachers and officials outside the school.
 - (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8**

Team Sports

Movement
Physical Activity and Health
Social Development
Soccer
Kickball

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Soccer
Kickball

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
- (A) Coordinate movements with teammates to achieve team goals.
- (B) Demonstrate appropriate relationships to and opponent in dynamic game situations such as staying between opponent and the ball.
- (C) Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, kicking.
- (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
- (G) Combine skills competently to participate in modified versions of team and individual sports.
- (8.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
- (C) Describe the importance of goal setting and improving the skills;
- (D) Detect and correct errors in personal or partner's skills performance.
- (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development

Soccer
Kickball

Soccer
Kickball

Soccer
Kickball

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

(8.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance, and gymnastics.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
(F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
(G) Use basic offensive and defensive strategies while playing a modified version of a sport.
- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
- (8.6)
(A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating;
(B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
 Soccer
 Kickball

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials outside the school.
 - (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Field Hockey
Gym Hockey

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Field Hockey
Gym Hockey

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Field Hockey
Gym Hockey

(8.6) Social Development
The student understands basic components such as strategies and rules of structured physical activities including, but not limited to, games sports, dance and gymnastics.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

(8.2)
(G) Use basic offensive and defensive strategies while playing a modified version of a sport.

(8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.

(8.6)
(A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
(B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go, target-concentration, feel the movement, and fielding-back up other players.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Field Hockey
Gym Hockey

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Field Hockey
Gym Hockey

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
 - (A) Coordinate movements with teammates to achieve team goals.
 - (B) Demonstrate appropriate relationships to an opponent in dynamic game situations such as staying between opponent in dynamic game situations and moving between opponent and the ball.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.

- (8.2)
 - Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (C) Describe the importance of goal setting and improving skills;
 - (D) Detect and correct errors in personal or partner's skill performance.
 - (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Field Hockey
Gym Hockey

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
 - (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
 - (C) Identify and follow rules while playing sports and games.
 - (D) Accept decisions made by game officials such a student, teachers, and officials outside the school.
 - (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Volleyball

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
- (A) Coordinate movements with teammates to achieve teams goals.
 - (F) Demonstrate, without cue, critical elements in specialized skills related to sports.
 - (G) Combine skills competently to participate in modified versions of team and individual sports.
- (8.2)
- (A) Create and modify activities that provide practice of selected skills to improve performance such as practice with non-dominant hand practice specific game situations, or practice jumps or cartwheels in both directions.
 - (B) Identify and apply similar movement concepts and elements in a variety of sports skills such as throwing and tennis serving;
 - (C) Describe the importance of goal setting and improve skills.
 - (D) Detect and correct errors in personal or partner's skill performance
 - (E) Make appropriate changes in performance based on feedback.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

(8.5) Physical Activity
The student understands and applies safety practices associated with physical activities.

(8.6) Social Development
The student understand basic components such as strategies physical activities including, but not limited to, games, sports, dance and gymnastics.

Volleyball

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.2)
 - (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
 - (G) Use basic offensive and defensive strategies while playing a modified version of a sport.

- (8.5)
 - (A) Use equipment safely and properly.
 - (B) Select and use proper attire that promotes participation and prevents injury.

- (8.6)
 - (A) Distinguish between compliance and non-compliance with rules and regulations and apply agreed upon consequences when officiating.
 - (B) Describe fundamental components on strategies used in net/wall, invasion, target, and fielding games such as net/wall alternating the speed and direction of the ball, invasion-fakes, give and go target-concentration, feel the movement, and fielding-back up ther other players.

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement
Physical Activity and Health
Social Development
Volleyball

Anchors

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.7)
- (A) Solve problems in physical activities by analyzing causes and potential solutions;
- (B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.
- (C) Identify and follow rules while playing sports and games.
- (D) Accept decisions made by game officials outside the school.
- (E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

**Texas Essential Knowledge and Skills
Grade 8
Team Sports**

Movement Physical Activity and Health Social Development	Anchors	(8.1)	(A)	Coordinate movements with teammates to achieve team goals.
Team Handball	(8.1) Movement The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.			
Team Handball	(8.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(8.2)	(D)	Detect and correct errors in personal or partner's skill performance.
Team Handball	(8.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(8.2)	(E)	Make appropriate changes in performance based on feedback.
Team Handball	(8.5) Physical Activity and Health The student understands and applies safety practices associated with physical activities.	(8.5)	(A)	Use equipment safely and properly.
Team Handball	(8.7) Social Development The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.	(8.7)	(E)	Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

Texas Essential Knowledge and Skills Grade 8

Individual/Dual Sports

Movement Physical Activity and Health Social Development	Anchors	Texas Essential Knowledge and Skills (TEKS) Student Expectations:
Weight Training	(8.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(8.2) (C) Describe the importance of goal setting and improving skills; (D) Detect and correct errors in personal or partner’s skill performance., (E) Make appropriate changes in performance based on feedback.
Weight Training	(8.2) Movement The student applies movement concepts and principles to the learning and development of motor skills.	(8.2) (F) Identify and apply basic biomechanical principles such as lowering the center of gravity and widening the base of support; and
Weight Training	(8.3) Physical Activity and Health The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.	(8.3) (C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities. (D) Identify favorite lifelong physical activities. (G) Develop and maintain muscular strength and endurance of the arms shoulders, abdomen, back, and legs.
Weight Training	(8.4) Physical Activity and Health The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.	(8.4) (E) Identify proteins, fats, carbohydrates, water, vitamins, and minerals, as key elements found in foods that are necessary for optimal body function. (F) Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequent intensity and time, and importance of balance in muscle pairs.

**Texas Essential Knowledge and Skills
Grade 8**

Individual/Dual Sports

Movement
Physical Activity and Health
Social Development

Weight Training

Anchors

(8.4) Physical Activity and Health
The student knows the benefits from involvement in daily physical activity and factors that affect physical performance.

Weight Training

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Weight Training

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.4)
(H) Explain the effects of eating and exercise patterns on weight control, self concept and physical performance and

- (8.5)
(D) Analyze exercise for their effects on the body such as beneficial/potentially dangerous.

- (8.7)
(A) Solve problems in physical activities by analyzing causes and potential solutions;
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings;
(E) Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams; and

Texas Essential Knowledge and Skills

Grade 8

Rhythms

Movement

Physical Activity and Health

Social Development

- Folk Dance
- Country Dance
- Square Dance
- Line Dance
- Creative Dance

- Folk Dance
- Country Dance
- Square Dance
- Line Dance
- Creative Dance

- Folk Dance
- Country Dance
- Square Dance
- Line Dance
- Creative Dance

- Folk Dance
- Country Dance
- Square Dance
- Line Dance
- Creative Dance

Anchors

- (8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.
- (8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.
- (8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.
- (8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills

(TEKS)

Student Expectations:

- (8.1)
(A) Coordinate movements with teammates to achieve team goals.
(D) Perform selected folk, country, square, line, creative, and/or aerobic dances.
(E) Design and perform sequences of dance steps/movements in practiced sequenced with intentional changes in speed, direction, and flow.
- (8.2)
(D) Detect and correct errors in personal or partner's skill performance.
(E) Make appropriate changes in performance based on feedback.
- (8.3)
(C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.
(D) Identify favorite lifelong physical activities.
- (8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.

**Texas Essential Knowledge and Skills
Grade 8
Rhythms**

Movement
Physical Activity and Health
Social Development
Aerobic Dance

Anchors

(8.1) Movement
The student demonstrates competency in movement patterns and proficiency in a few specialized movement forms.

Aerobic Dance

(8.2) Movement
The student applies movement concepts and principles to the learning and development of motor skills.

Aerobic Dance

(8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.1)
(A) Coordinate movements with teammates to achieve team goals.
(D) Perform selected folk, country, square, line, creative, and/or aerobic dances.
(E) Design and perform sequences of dance steps/movements in practiced sequenced with intentional changes in speed, direction, and flow.
- (8.2)
(D) Detect and correct errors in personal or partner's skill performance.
(E) Make appropriate changes in performance based on feedback.
- (8.3)
(C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/or outdoor pursuits in and outside of school based on individual interests and/or capabilities.
(D) Identify favorite lifelong physical activities.
(E) Participate in moderate to vigorous health-related physical activities on a regular basis.

**Texas Essential Knowledge and Skills
Grade 8
Rhythms**

Movement
Physical Activity and Health
Social Development
Aerobic Dance

Anchors

(8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

Aerobic Dance

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Aerobic Dance

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

**Texas Essential Knowledge and Skills
(TEKS)**

Student Expectations:

- (8.3)
(C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/ or capabilities.
(D) Identify favorite lifelong physical activities.
(E) Participate in moderate to vigorous health-related physical activities on a regular basis.
- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
(C) Include warm-up and cool-down procedures regularly during exercise.
- (8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative setting.

Texas Essential Knowledge and Skills

Grade 8

Rhythms

Movement
Physical Activity and Health
Social Development
Aerobic Dance

Anchors

(8.3) Physical Activity and Health
The student exhibits a health enhancing physically-active lifestyle that provides opportunities for enjoyment and challenge.

Aerobic Dance

(8.5) Physical Activity and Health
The student understands and applies safety practices associated with physical activities.

Aerobic Dance

(8.7) Social Development
The student develops positive self-management and social skills needed to work independently and with others in physical activity settings.

Texas Essential Knowledge and Skills (TEKS)

Student Expectations:

- (8.3)
(C) Participate in games, sports, dance, and/or outdoor pursuits in and outside of school based on individual interests and/ or capabilities.
(D) Identify favorite lifelong physical activities.
(E) Participate in moderate to vigorous health-related physical activities on a regular basis.
- (8.5)
(A) Use equipment safely and properly.
(B) Select and use proper attire that promotes participation and prevents injury.
(C) Include warm-up and cool-down procedures regularly during exercise.
- (8.7)
(B) Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings.