

## 8th Grade PE Power Standards

1. I will participate and complete selected FitnessGram tests and comprehend the component of fitness relating to that test.
2. I can find my personal fitness scores and where it falls in the national average of my peers.
3. I can pass and set a volleyball with correct form.
4. I can play all the volleyball positions and stay in my own area of the court, relying on teammates.
5. I am able to identify a penalty on the soccer field and assign correct course of action.
6. I can shoot a basketball from the free throw line using correct form.
7. I can demonstrate person to person defense in basketball.
8. I can demonstrate passing from teammate to teammate in floor hockey.
9. I can demonstrate shooting form from both forehand and backhand in floor hockey.
10. I can demonstrate weight lifting safely in the weight room.