This course is designed for 8th grade students and intended to be 18 weeks in length. The purpose of this course is to provide the skills, knowledge, and motivation necessary for participation in non-traditional forms of physical activity. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy physically active lifestyle.

### Semester One
- **August 2019**
  - Course Standards - CPALMS
  - Essential Topics and Vocabulary
    - Health, Physically Active Lifestyle, Benefits, Health-related Fitness, Physical Fitness, Skill Related Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, Progression, Aerobic, Anaerobic, Fluid loss, Heat Illness, SMART Goal

### Semester Two
- **January 2020**
  - Course Standards - CPALMS
    - PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.6 PE.8.L.3.3
  - Essential Topics and Vocabulary
    - Backhand, Forehand, Hammer, Stationary, Motor skill, Distance, Accuracy, Power, Strength, create, weakness, open space, Strategy, teamwork, agility, flexibility, MVPA, Physical Activity, Zone, Player to Player, Offense, Imcomplete, Interception, Principle's of

### Unit 1: PYPF Unit/ Fitness Gram-3 weeks
- August 2019
- Course Standards - CPALMS
  - PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.6 PE.8.L.3.3
- Essential Topics and Vocabulary
  - Agility, Competency, Coordination, Motor Skill, Muscular Endurance, MVPA, Power, Reaction Time, Balance, Cardiorespiratory Endurance, Physical Activity, Etiquette

### Unit 2: Ultimate Frisbee-2 weeks
- October 2019
- Course Standards - CPALMS
  - PE.8.C.2.2 PE.8.C.2.9 PE.8.C.2.6 PE.8.C.2.6
- Essential Topics and Vocabulary
  - History, Rules, Passing, Catching, Pass Routes, Offense, Defense, Strategy, Tactic, Officiating, Game Play, Scorekeeping, Quarterback, Runningback, Receiver, 1st Down, Downs, Violation, Line of Scrimmage, Offsides, Touchdown, Endzone, Punt, Field Goal

### Unit 3: Pickleball-2 weeks
- November 2019
- Course Standards - CPALMS
  - PE.8.C.2.2 PE.8.C.2.3 PE.8.C.2.6 PE.8.C.2.7
  - PE.8.L.3.1 PE.8.L.3.3 PE.8.L.3.5 PE.8.M.1.1
- Essential Topics and Vocabulary
  - History, Rules, Passing, Catching, Pass Routes, Offense, Defense, Strategy, Tactic, Officiating, Game Play, Scorekeeping, Quarterback, Runningback, Receiver, 1st Down, Downs, Violation, Line of Scrimmage, Offsides, Touchdown, Endzone, Punt, Field Goal

### Unit 4: Flag Football-2 weeks
- December 2019
- Course Standards - CPALMS
  - PE.8.C.2.7 PE.8.C.2.6 PE.8.C.2.5 PE.8.L.3.3
- Essential Topics and Vocabulary
  - Throwing, Catching, Pat-Down Dribble, Volley, Handball, Roli, Cardiorespiratory Endurance, Competency, Etiquette, MVPA, Physical Activity, Basketball, Soccer, Speedball, Motor Skill, Transition, Offense, Defense

### Unit 5: Team Handball/Speedball-2 weeks
- January 2020
- Course Standards - CPALMS
  - PE.8.C.2.7 PE.8.C.2.6 PE.8.C.2.5 PE.8.L.3.3
- Essential Topics and Vocabulary
  - Floor Hockey, Agility, Balance, Coordination, Reaction Time, Dribbling, Face-Off, Forehand, Backhand, Cardiorespiratory Endurance, Competency, Flexibility, Corner to Corner Pass, Teamwork, Motor Skill, 2 on 1, Keep Away, Strategy, Competition, Speed

### Unit 6: Floor/Street Hockey-2 weeks
- February 2020
- Course Standards - CPALMS
  - PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.7 PE.8.M.1.7
  - PE.8.R.5.5 PE.8.R.5.5 PE.8.R.5.5 PE.8.R.5.5
- Essential Topics and Vocabulary
  - Speed, Reaction Time, Agility, Power, Ultimate Kickball, Coordination, Balance, Teamwork, Median, Strategies, Competition

### Unit 7: Ultimate/Cardio Kickball-1 week
- March 2020
- Course Standards - CPALMS
  - PE.8.R.5.5 PE.8.C.2.3 PE.8.C.2.8 PE.8.L.3.1
- Essential Topics and Vocabulary
  - Fitnessgram Post Assessment

### Common Assessment/End of Semester Celebrations/Review Prior Content/Cooperative Games