

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						Physical Education Orientation Week						Semester Two										
M	T	W	TH	F		Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety												M	T	W	TH	F
August 2021						Unit 1: PYFP Unit/ Fitness Gram-3 weeks						January 2022										
2	3	4	5	6		Course Standards - CPALMS			Essential Topics and Vocabulary			3	4	5	6	7						
9	10	11	12	13		PE.8.R.6.2	PE.8.M.1.8	PE.8.L.3.2	PE.8.L.4.4	Health, Physically Active Lifestyle, Benefits, Health-related Fitness, Physical Fitness, Skill Related			10	11	12	13	14					
16	17	18	19	20		PE.8.L.3.4	PE.8.M.1.4	PE.8.L.3.1	PE.8.C.2.6	Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, Progression, Aerobic,			17	18	19	20	21					
23	24	25	26	27		PE.8.L.4.5				Anaerobic, Fluid loss, Heat Illness, SMART Goal			24	25	26	27	28					
30	31					Unit 2: Ultimate Frisbee-2 weeks						31										
September 2021						Course Standards - CPALMS			Essential Topics and Vocabulary			February 2022										
		1	2	3		PE.8.C.2.3	PE.8.C.2.5	PE.8.C.2.6	PE.8.L.3.3	Backhand, Forehand, Hammer, Stationary, Motor skill, Distance, Accuracy, Power, Strenght, create,				1	2	3	4					
6	7	8	9	10		PE.8.L.3.1	PE.8.R.5.5	PE.8.M.1.3	PE.8.M.1.9	weakness, open space, Strategy, teamwork, agility, flexiblty, MVPA, Physical Activity, Zone, Player to			7	8	9	10	11					
13	14	15	16	17					Player, Offense, Imcomplete, Interception, Principle's of 3's, V Cuts, Muscular Strength, Power			14	15	16	17	18						
20	21	22	23	24		Unit 3: Pickleball-2 weeks						21	22	23	24	25						
27	28	29	30									28										
October 2021						Course Standards - CPALMS			Essential Topics and Vocabulary			March 2022										
				1		PE.8.C.2.2	PE.8.C.2.9	PE.8.C.2.5	PE.8.C.2.6	Agility, Competancy, Coordination, Motor Skill, Muscular Endurance, MVPA, Power, Reaction Time,				1	2	3	4					
4	5	6	7	8		PE.8.R.5.5	PE.8.M.1.2	PE.8.M.1.3	PE.8.M.1.5	Balance, Cardiovascular Endurance, Physical Activity, Etiquette			7	8	9	10	11					
11	12	13	14	15		PE.8.M.1.7	PE.8.M.1.9	PE.8.L.3.1	PE.8.L.3.3				14	15	16	17	18					
18	19	20	21	22		Unit 4: Flag Football-2 weeks						21	22	23	24	25						
25	26	27	28	29		Course Standards - CPALMS			Essential Topics and Vocabulary			28	29	30	31							
November 2021						PE.8.C.2.2	PE.8.C.2.3	PE.8.C.2.6	PE.8.C.2.7	History, Rules, Passing, Catching, Pass Routes, Offense, Defense, Strategy, Tactic, Officiating, Game			April 2022									
1	2	3	4	5		PE.8.L.3.1	PE.8.L.3.3	PE.8.L.3.5	PE.8.M.1.1	Play, Scorekeeping, Quarterback, Runningback, Reciever, 1st Down, Downs, Violation, Line of							1					
8	9	10	11	12		PE.8.M.1.3	PE.8.M.1.4	PE.8.M.1.6	PE.8.M.1.7	Scrimmage, Offsides, Touchdown, Endzone, Punt, Field Goal			4	5	6	7	8					
15	16	17	18	19		PE.8.R.5.3	PE.8.R.5.4	PE.8.R.5.5				11	12	13	14	15						
22	23	24	25	26		Unit 5: Team Handball/Speedball-2 weeks						18	19	20	21	22						
29	30					Course Standards - CPALMS			Essential Topics and Vocabulary			25	26	27	28	29						
December 2021						PE.8.C.2.7	PE.8.C.2.6	PE.8.C.2.5	PE.8.L.3.3	Throwing, Catching, Pat-Down Dribble, Volley, Handball, Roll, Cardiorespiratory Endurance,			May 2022									
		1	2	3		PE.8.M.1.3	PE.8.C.2.8	PE.8.C.2.3	PE.8.M.1.7	Competency, Etiquette, MVPA, Physical Activity, Basketball, Soccer, Speedball, Motor Skill, Transition,			2	3	4	5	6					
6	7	8	9	10		PE.8.L.3.1	PE.8.M.1.9	PE.8.R.5.5	Offense, Defense			9	10	11	12	13						
13	14	15	16	17		Unit 6: Floor/Street Hockey-2 weeks						16	17	18	19	20						
20	21	22	23	24		Course Standards - CPALMS			Essential Topics and Vocabulary			23	24	25	26	27						
27	28	29	30	31		PE.8.C.2.3	PE.8.C.2.5	PE.8.C.2.7	PE.8.M.1.7	Floor Hockey, Agility, Balance, Coordination, Reaction Time, Dribbling, Face-Off, Forehand, Backhand,			30	31								
NO CLASSES						PE.8.C.2.8	PE.8.L.3.1	PE.8.L.3.3	PE.8.R.5.5	Cardiorespiratory Endurance, Competancy, Flexiblty, Corner to Corner Pass, Teamwork, Motor Skill, 2												
						PE.8.M.1.4	PE.8.R.6.3	PE.8.M.1.3	PE.8.C.2.2	on 1, Keep Away, Strategy, Competition, Speed												
						PE.8.R.6.2	PE.8.M.1.1	PE.8.M.1.2														
Unit 7: Ultimate/Cardio Kickball-1 week						Course Standards - CPALMS			Essential Topics and Vocabulary													
						PE.8.M.1.7	PE.8.M.1.9	PE.8.R.5.4	PE.8.R.5.3	Speed, Reaction Time, Agility, Power, Ultimate Kickball,Coordination, Balance, Teamwork, Median,												
						PE.8.R.5.5	PE.8.C.2.3	PE.8.C.2.8	PE.8.L.3.1	Strategies,Competition												
FITNESSGRAM POST ASSESSMENT																						
COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES																						