

This course is designed for 8th grade students and intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of offensive and defensive strategies and tactics, and appropriate social behaviors within both competitive and non-competitive activity settings. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and 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						<b>Unit 1: PYFP Unit/ Fitness Gram</b>						January 2022							
2	3	4	5	6		<b>Course Standards - CPALMS</b>			<b>Essential Topics and Vocabulary</b>			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, Kinesthetic, body composition, BMI, Warm up,			24	25	26	27	28			
30	31								Cool Down, VO2 Max			31							
September 2021						<b>Unit 2: Badminton</b>						February 2022							
		1	2	3		<b>Course Standards - CPALMS</b>			<b>Essential Topics and Vocabulary</b>				1	2	3	4			
6	7	8	9	10	PE.8.C.2.3	PE.8.C.2.5	PE.8.C.2.6	PE.8.L.3.3	Agility, Balance, Competency, Coordination, Motor Skill, Muscular Endurance, Physical Activity,			7	8	9	10	11			
13	14	15	16	17	PE.8.L.3.1	PE.8.R.5.5	PE.8.M.1.3	PE.8.M.1.9	Reaction Time, Cardiorespiratory endurance, Muscular Strength, MVPA, Power, Etiquette,			14	15	16	17	18			
20	21	22	23	24	PE.8.R.6.1	PE.8.C.2.8	PE.8.M.1.2	PE.8.C.2.7	Shuttlecock			21	22	23	24	25			
27	28	29	30		PE.8.R.5.4	PE.8.C.2.1	PE.8.M.1.4	PE.8.L.3.4				28							
October 2021						<b>Unit 3: Disc Golf</b>						March 2022							
				1		<b>Course Standards - CPALMS</b>			<b>Essential Topics and Vocabulary</b>				1	2	3	4			
4	5	6	7	8	PE.8.C.2.1	PE.8.C.2.6	PE.8.C.2.7	PE.8.R.6.1	Balance, Coordination, Motor Skill, Physical Activity, MVPA, Power, Etiquette, Muscular Strength,			7	8	9	10	11			
11	12	13	14	15	PE.8.R.5.5	PE.8.M.1.2	PE.8.M.1.3	PE.8.M.1.5	Competency			14	15	16	17	18			
18	19	20	21	22	PE.8.M.1.7	PE.8.M.1.9	PE.8.L.3.1	PE.8.L.3.5				21	22	23	24	25			
25	26	27	28	29				<b>Unit 4: Tennis</b>			28	29	30	31					
November 2021						<b>Course Standards - CPALMS</b>						<b>Essential Topics and Vocabulary</b>							
1	2	3	4	5	PE.8.C.2.1	PE.8.C.2.8	PE.8.C.2.6	PE.8.C.2.7	Agility, Balance Competency, Coordination, Motor Skill, Physical Activity, Reaction Time,						1				
8	9	10	11	12	PE.8.L.3.1	PE.8.L.3.2	PE.8.L.3.5	PE.8.M.1.1	Cardiorespiratory endurance, MVPA, Power, Etiquette						4	5	6	7	8
15	16	17	18	19	PE.8.M.1.3	PE.8.M.1.4	PE.8.M.1.9	PE.8.M.1.7							11	12	13	14	15
22	23	24	25	26	PE.8.R.6.2	PE.8.R.6.1	PE.8.R.5.2	PE.8.M.1.5							18	19	20	21	22
29	30							<b>Unit 5: Pickleball</b>			25	26	27	28	29				
December 2021						<b>Course Standards - CPALMS</b>						<b>Essential Topics and Vocabulary</b>							
		1	2	3	PE.8.C.2.7	PE.8.C.2.5	PE.8.C.2.7	PE.8.L.3.1	Agility, Balance, Competency, Coordination, Motor Skill, Muscular Endurance, Physical Activity,						2	3	4	5	6
6	7	8	9	10	PE.8.M.1.3	PE.8.C.2.8	PE.8.C.2.1	PE.8.M.1.7	Reaction Time, Cardiorespiratory Endurance, MVPA, Power, Etiquette, Rally, Flexibility						9	10	11	12	13
13	14	15	16	17	PE.8.L.3.1	PE.8.M.1.9	PE.8.R.5.5	PE.8.M.1.1							16	17	18	19	20
20	21	22	23	24				<b>Unit 6: Track and Field</b>			23	24	25	26	27				
27	28	29	30	31				<b>Course Standards - CPALMS</b>			<b>Essential Topics and Vocabulary</b>			30	31				
NO CLASSES						PE.8.M.1.3	PE.8.C.2.5	PE.8.C.2.7	PE.8.M.1.7	Aerobic, Agility, Balance, Cardiovascular Endurance, Coordination, Flexibility, Muscular endurance,									
						PE.8.M.1.5	PE.8.L.3.1	PE.8.L.3.3	PE.8.C.2.8	Muscular Strength, MVPA, Power									
						PE.8.M.1.4	PE.8.R.6.3	PE.8.C.2.6	PE.8.C.2.1										
						PE.8.M.1.1	PE.8.L.3.4	PE.8.L.3.5	PE.8.R.5.4										
<b>FITNESSGRAM POST ASSESSMENT</b>																			
<b>COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES</b>																			