



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Physical Education (Grade 8)

Course Description:

The curriculum for this course is developed from the [Wisconsin State Physical Education Standards](#). 8th grade physical education is a required course and meets every other day opposite of health education. Students will continue to increase their knowledge and apply skills through participation in fitness based and modified sport activities. Students will be making the transition from learning fitness and sport concepts to learning and applying those concepts during activity. 8th graders will learn how to implement the five components of fitness, and FITT principle into their daily activities. Participation in this class will assist the 8th grade students in achieving and maintaining a lifetime of physical wellness. The information in this course overview outlines what students should comprehend and apply to their lives by the end of the school year.

Mastery Standards:

Standard 1-Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Demonstrates correct alignment in a target sport to control direction. (1:3:A3)

Demonstrates correct balance techniques in a variety of activities. (1:3:A6)

Demonstrates correct application of force to control distance of object in a target sport. (1:3:B2)

Demonstrates correct position in both net/wall and invasion sports for effective defense and offensive coverage. (1:3:B3)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Identifies proper warm up and cool down procedures as they affect performance and injury prevention. (2:3:A3)

Demonstrates an understanding of team play in invasion sports by proper positioning, team communication, and team support. (2:3:B4)

Standard 3: Participate regularly in physical activity.

Maintains a physical activity log documenting progress toward attaining their personal goals. (3:3:B2)

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Formulates meaningful personal fitness goals based on personal fitness test results. (4:3:A5)

Defines health-related fitness terminology. (4:3:A3)

States the differences between moderate and vigorous physical activity as it relates to perceived exertion. (4:3:A7)

Demonstrates knowledge of major muscle groups. (4:3:A9)

Participate in activities designed to improve or maintain all health-related fitness components both during and outside of school. (4:3:B1)

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Uses time wisely when given the opportunity to work on skill or fitness development without close teacher monitoring. (5:3:A1)

Identifies the importance of following class and procedures. (5:3:A2)

Handles situations in an appropriate manner when participating in team sports. (5:3:B1)

Demonstrates positive social interaction while in a physical activity setting. (5:3:B4)

Demonstrates cooperation skills needed to accomplish group/team goals in both cooperative and competitive activities. (5:3:B6)

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Recognizes that regular physical activity improves the students fitness level in both skill-related and health-related fitness components. (6:3:A1)

Recognizes that participation in regular physical activity reduces the risk of disease. (6:3:A3)

Recognizes physical activity as an opportunity for social and group interaction and to form new relationships. (6:3:A10)

Unit	Description of Unit and Learning Targets
<p>Unit Title: Team Building/Omnikin Activities</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> Why is it important for team members to support each other? What cooperative strategies are involved in omnikin activities? 	<p>Students will.....</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrates effective communication skills Demonstrates cooperation skills to accomplish team goals Demonstrates positive social interaction during team building activities
<p>Unit Title: Fitness (Weight Training/Fitness Center)</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> What is the difference between Fitness Related Components and the Skill Related Components? How can weight training help us know and in the future? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Exhibits responsible personal behavior within the fitness room and weight room setting Understand proper movement concepts of the bench press and squat as well as the use of weight machines Understand the importance of cardiovascular exercise and resistance training
<p>Unit Title: Frisbee Games</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How do frisbee games promote lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrates proper throwing mechanics when executing the frisbee throw Participates in proper social interaction in Kan Jams Demonstrates active participation
<p>Unit Title: Volleyball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does teamwork and sportsmanship affect game play? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrates active participation Exhibits basic rules of the game of volleyball Demonstrates positive sportsmanship
<p>Unit Title: Soccer</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> How can active participation improve personal fitness? 	<p>Students will.....</p> <p><u>Learning Targets</u></p> <ul style="list-style-type: none"> Demonstrates basic skills associated with soccer including passing, dribbling and kicking Understands proper soccer etiquette and good sportsmanship
<p>Unit Title: Badminton</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> What concepts and skills are essential for successful participation in badminton? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Provide encouragement and positive feedback to classmates throughout the badminton unit Perform basic badminton skills including the underhand serve and basic volley hits Understand the rules of the badminton game Understand that Badminton is a lifetime activity

<p>Unit Title: Basketball</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • How does participation in basketball improve physical fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Understand the basic skills of basketball including passing, shooting and dribbling • Demonstrate responsible and safe practices in the basketball setting • Demonstrates collaboration, cooperation and good sportsmanship during basketball activities
<p>Unit Title: Floor Hockey</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • How does teamwork and sportsmanship affect gameplay? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Understand the basic skills of passing and shooting • Demonstrate proper safety protocol when using floor hockey equipment • Demonstrate good sportsmanship during floor hockey activities
<p>Unit Title: Track and Field</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> • How do track and field skills promote lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Demonstrate cooperation and good sportsmanship during track activities • Understand basic track movements including throwing, jumping and running • Demonstrates active participation during track activities
<p>Unit Title: Softball/Kickball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How does participation in softball/kickball improve physical fitness and promote lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Actively participate in a softball/kickball game • Learn defensive positions and spacing relative to a softball/kickball game • Demonstrate good sportsmanship when participating in softball/kickball activities
<p>Unit Title: CRE Assessment</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How can goal setting improve your cardiorespiratory endurance? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify their own personal cardiovascular fitness level and ways to improve it • Understand the benefits of cardiorespiratory endurance and what it offers to the development of total lifetime fitness • Establish goals for our cardio-assessments including the mini run, pacer and timed run
<p>Unit Title: Yard Games</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How do lifelong activities enhance social/emotional health? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Practices appropriate and safe behavior in participating in backyard games • Understands rules, set-up, safety concepts of backyard games including spikeball, bags, and kan jams • Demonstrates positive social interactions and good sportsmanship during game play
<p>Unit Title: Fitness Bowling</p>	<p>Students will...</p>

Essential Questions:

- How does fitness bowling improve social/emotional interactions with peers?

Learning Targets:

- Demonstrate proper bowling form throughout the bowling unit
- Demonstrate teamwork in trying to accomplish a common goal