

NORTHERN BURLINGTON COUNTY REGIONAL SCHOOL DISTRICT
2020 Course Map/Pacing Guide

Department	Health/PE	Course	8th Grade PE
-------------------	-----------	---------------	--------------

Source of Standards

- New Jersey Student Learning Standards 2020
 - 2.1 Personal and Mental Health
 - Personal Growth and Development
 - Social and Sexual Health
 - 2.2 Physical Wellness
 - Movement Skills and Concepts
 - Physical Fitness
 - Lifelong Fitness
 - 2.3 Safety
 - Personal Safety
- [Career Readiness, Life Literacies, and Key Skills](#);
 - All courses Focus on - 9.4 Life Literacies and Key Skills (p. 49)

Sequence- Unit Titles and Number of weeks per unit

8-10 Days for each unit

Unit 1- Introduction/Team Building
 Unit 2- Flag Football
 Unit 3- Ultimate Games
 Unit 4- Basketball
 Unit 5- Volleyball
 Unit 6- Pickleball
 Unit 7- Fitness testing
 Unit 8- Floor Hockey
 Unit 9- Softball
 Unit 10- New Games/Activities
 Unit 11- Low Elements
 Unit 12- Lawn Games

[Enduring Understanding](#)

- Everyone wins when you play by the rules.
- Physical Education is for every “body”.
- TEAM = Together Everyone Achieves More.
- Fitness: It’s a way of life.
- Skill is achieved through practice. No matter how talented you are, your talent will fail you, if you’re not skilled.

[Essential Questions](#)

- Why do I have to show good sportsmanship and follow the rules when others do not?
- How does performing skills with proper technique enhance success?

- How does teamwork, communication, and knowledge of rules enhance game play?
- To what extent does strategy influence performance in competitive games and activities?
- How can I become more mentally prepared and motivated for weekly physical activity?
- How does my success in the fitness tests affect my overall wellness?
- How does one increase their fitness level if they are not within the healthy fitness zone?
- How will participating in Middle School PE help me develop proper habits to maintain a healthy, active lifestyle?

Reporting Student Progress

All courses follow a balanced assessment system with Practice, Assessments, Evaluations.

Accommodations and Modifications

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, I&RS students, and students with 504 plans

Resources (Text and Technology)

- Fitnessgram
- Discovery Education
- PE Central Website
- P.E. Teacher's Complete Fitness & Skills Development Activities Program
- The Adventure Network
- Complete Ropes Course Manual by Karl Rohnke
- Apple App Store