

Stage 1 – Desired Results

<p><i>Related standard(s):</i></p> <p>2.5.8.A.1 2.5.8.A.2 2.5.8.A.3 2.5.8.A.4 2.5.8.B.1 2.5.8.B.2 2.5.8.B.3 2.5.8.C.1 2.5.8.C.2 2.5.8.C.3</p>	Transfer	
	<p><i>Students will be able to independently use their learning to...</i></p> <ul style="list-style-type: none"> All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle. 	
	Meaning	
	Enduring Understandings (EUs)	Essential Questions (EQs)
	<p><i>Students will understand that...</i></p> <ul style="list-style-type: none"> Research shows that people who participate in regular physical activity, no matter what the form, are more likely to do so because they feel comfortable and competent in movement skills. Skill development involves an understanding of movement concepts, the underlying principles of physics, as a means to analyze movement performance and make adjustments. Implementing movement principles such as space, speed, force, projection or tempo makes movement more effective and more interesting. 	<p><i>Students will keep considering...</i></p> <ul style="list-style-type: none"> How can understanding movement concepts improve my performance? How can I make movement more interesting, fun, and enjoyable? How does my use of movement influence that of others?
	Grade Level Benchmarks	
	Knowledge	Skills
<p><i>Students will know...</i></p> <ul style="list-style-type: none"> Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort. Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork. Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction. Movement activities provide a timeless opportunity to connect with people around the world. 	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"> Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities). Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance. Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance). Detect, analyze, and correct errors and apply to refine movement skills. Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings. Assess the effectiveness of specific mental strategies applied to improve performance. Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement. Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities. Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities. Analyze the impact of different world cultures on present-day games, sports, and dance. 	

COURSE: Physical Education

LEVEL: Grade 8

UNIT/FOCUS: Fitness

Stage 1 - Desired Results

Related standard(s):

- 2.6.8.A.1
- 2.6.8.A.2
- 2.6.8.A.3
- 2.6.8.A.4
- 2.6.8.A.5
- 2.6.8.A.6

Transfer

Students will be able to independently use their learning to...

- Apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Meaning

Enduring Understandings (EUs)

Students will understand that...

- Children who regularly participate in physical activity tend to stay active throughout their lives.
- While there are immediate benefits including maintaining a healthy weight, feeling more energetic, and promoting a better outlook, participating in team and individual sports and other forms of physical activity can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun.
- In the long term, regular physical activity can help prevent heart disease, diabetes, and other medical problems later in life.
- Getting active and staying active is a key component of a healthy lifestyle.

Essential Questions (EQs)

Students will keep considering...

- Why is it so difficult to become healthy and physically fit?
- Why is it even harder to stay healthy and physically fit?
- How can I set challenging fitness goals that help me stay committed to wellness?

Grade Level Benchmarks

Knowledge

Students will know...

- Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

Skills

Students will be able to...

- Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
- Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
- Analyze how medical and technological advances impact personal fitness.
- Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
- Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
- Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.