

**Eighth Grade Physical Education**  
**June 2020**

**Course Description:**

This course is designed to improve health-related fitness and build healthy relationships with peers, adults, and others in the community through physical activity.

**Big Ideas:**

I will understand the benefits of health and skill related fitness effects on the body.

I will understand basic game techniques, scoring process, and safety procedures of physical fitness activities.

<b>Eighth Grade PE</b>		
<b>ELO #</b>	<b>Essential Learner Outcome Description</b>	<b>Standards</b>
<b>1</b>	The student will apply critical elements of movements to various activities.	<b>MP1D6</b>
<b>2</b>	The student will use the concepts of health-related and skill-related fitness to connect the benefits of each.	<b>PA1A8</b>
<b>3</b>	The student will identify and apply the FITT principle and how it relates to exercise.	<b>PA1C7</b>
<b>4</b>	The student will apply skill techniques, scoring and safety practices in a modified activity setting.	<b>MP2C7</b>