Teacher: CORE P.E. Grade 8 Year: 2010-11

Course: P.E. Grade 8 Month: All Months

Essent: 1							
Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standa
Why is	Soccer	demonstrate	Throw-Ins	Rules of the			PE.I.0
teamwork so	Game	and	Punting	game			PHYS
important?		participate in	11 0	10/1/2010			EDU
What are the		indoor soccer		Unit Test			know
roles and		skills -	Corner Kick	10/1/2010			skills
values		dribbling,	Heading				in co
associated		passing,					and n
with		shooting,					used
teamwork?		goal keeping					conte
How can							game
competency							sports
or							addit
proficiency							envir
in an activity							const
impact your							PE.I.
fitness level?							PHY
How can							EDU
leadership							comb
effect group							integr
activity?							funda
How can							skills
problem							techn
solving effect							on fe
group							inclu
activity?							asses
How does							under
age and							relati
ability impact							betwe
involvement							physi
in physical							and t
activity?							preve
How does an							illnes
individual's							and p
actions and							death
behaviors							PE.I.
impact							PHY
physical							EDU

activity?		develo
How does		leaders
personal and		probler
social		solving
behaviors		cooper
effect activity		team w
(variety of		particip
roles, etc.)?		group a
How is skill		PE.I.02
level		PHYSI
analyzed?		EDUC.
What		underst
influences		role of
your decision		activity
to participate		and gai
in physical		balance
activity?		coopera
		compet
		behavio
		a possi
		in whic
		develo
		sharper
		leaders
		probler
		skills, a
		underst
		physica
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		social l
		of part
		in phys
		activiti

O Frisbee Activities

t o	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
b e r	How can frisbee activities improve overall fitness?	boundaries, skills Kan Jam - rules,		Scoring System	observation, modeling 10/31/2010	day 1 Day 2 and 3 - Ultimate frisbee Day 4 and 5 Day 6 and 7 Frisbee golf		PE.I.01- PERSONA HEALTH A FITNESS: STUDENT WILL HAV THE NECESSA

Frisbee golf -	target		KNOWL
rules,	Frisbee golf -		AND SK
strategies,	throwing to a		ESTABI
scoring	target		AND MA
Frisbee darts	Frisbee Darts		PHYSIC
- rules,	- throwing to		FITNES
strategies,	a target		PARTIC
scoring			IN PHYS
Ultimate			ACTIVI
Frisbee			MAINTA
			PERSON
			HEALTI
			PE.I.01.F
			PHYSIC
			EDUCA'
			demonstr
			competer
			variety o
			activities
			sports, ex
			that prov
			condition
			each fith
			PE.I.01.I
			PHYSIC
			EDUCA'
			know tha
			skills pro
			complex need to b
			the conte
			games ar
			with add environn
			constrain
			PE.I.01.F
			PHYSIC
			EDUCA'
			develop
			leadershi
			problem
			cooperat
			team wor
			participa group ac
			group ac PE.I.02- <i>a</i>

1.				
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				ENVIRON
				STUDENT
				WILL ACC
				THE
				KNOWLE
				AND ABII
				NECESSA
				CREATE A
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				SAFE ANI
				HEALTHY
				ENVIRON
				PE.I.02.PI.
				PHYSICAL
				EDUCATI
				understand
				risks of inju
				physical ac
				performed
				incorrectly
				performed
				extreme
				environme
				conditions,
				recognize t
				importance
				physical
				conditions
				(equipment
				facilities) a
				as the emot
				conditions
				essential fo
				PE.I.02.PI.
				PHYSICAL
				EDUCATI
				develop ski
				cooperation
				collaboration
				well as fair
				sportsmans
				and respect
				others
				PE.I.02.PI.
]				PHYSICAL

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Į.	1	1		EDUCAT
	1	1		work
	1	1		constructiv
	1	1		with others
	1	1		accomplis
	1	1		in a group
	1	1		demonstra
	1	1		considerat
	1	1		others inv

Essential	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standard
Questions							
	1.Throwing	1. throwing at		rules of the			PE.I.01.I
		a stationary	Hook	game			PHYSIC
	2.basic	target 10	Patterns	10/31/2010			EDUCA'
	positions	yards away	3 step drop, 5				know tha
	3.defensive	2. catching	step drop	the game			skills pro
	play - man to		Snapping the	10/31/2010			in compl
	man	away from the	ball				and need
	4.offensive	body	Punting				used in the
	play- route	3. throwing	Man to Man				context o
	running	and catching	defense				games ar
	5.punting and	while running	Point Values				sports wi
	kicking	a specific	for scoring				additiona
	6.basic rules	route - in, out,	Downs				environn
	for modified	curl					constrain
	game	4. proper use					PE.I.01.I
		of 3 or 5 step					PHYSIC
		drop while					EDUCA'
		throwing					combine
		5.					integrate
		understanding					fundame
		role of					skills and
		positions -					technique
		quarterback,					on feedb
		running back,					including
		center,wide					assessme
		receiver					understa
		6.					relations
		understanding					between
		man to man					physical
		concepts on					and the
		defense					prevention
		7. students					illness, d

football game 8. students will be able to officiate games while playing 9. students will demonstrate good sportsmanship PHYSIC EDUCA understat risks of i physical is perfor incorrect performs extreme environr conditio (equipm facilities well as t emotions conditio (equipm facilities well as t emotions conditio (expectation) condition con		
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well as f sportsma and resp		collabora
sportsma and resp		well as f
and resp		sportsma
		and resp

N TEAM ACT	IVITIES: BAI	OMINTON					
v Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Can you label the lines of the service box and court dimensions? How many hits does your team get each clear of the net? What are some skills or different shots you learned during the unit?	History:Origin of Sport, OlympicsRenovation of Equipment	United States sport (1908) Sequence orally	Boxes Rotation Rally Scoring Forehand Shot Drop Shot				
	-Service -Modified Game	Identify visually and orally boundaries and lines of court Identify visually and orally service box (smaller lines inside the entire court) Identify					

visually and orally 3 serve rules (must be undrhand, served to opposite diagonal service box, must land inbounds inside the opposite service box) Identify visually and orally 8 rules when playing modified game:birdie hitting line is an in-bound call1 serve per side to clear net0nce Server 1 looses serve Server 2 on service team servesserver can secore maximum of 5 points per turnbirdie hitting celling is outbirdie			
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	hitting pole or basketball nets are replaysPoint is awarded if raquet or body touches net during rally Rotate up to 2 players when student's team earns birdie back
	mental Serve underhand placing birdie in front or back of the sevice box Rally with another student using an overhead clear or forehand shot
Game I -Offici Fair I Safet	

playing in
modified game
uisng scoreboard
State orally fair
calls when playing
in modified game
Display good
sportsmanship
conduct when
playing in
modified game:
positive
encouragement
when team players
have made an
error
praise to
opposite team
when they execute
a good shot
positive
reinforcement for
team players
between points
(e.g., high 5s)
Identify safety
concerns
throughout unit:
nets, poles, racquet
control.

D AQUATIC ACTIVITIES: SWIM

c e	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standard
n	What are	1. rhythmic	1. stationary	Rhythmic				PE.I.03.I
b	some safety	breathing	bobbing of	Breathing				PHYSIC
e	rules learned	2. strokes -	body while	Front Crawl				EDUCA'
r	during the	front crawl,	rhythmically	Pencil Dive				demonstr
	unit?	elementary	breathing for	Breast Stroke				ability to
	What are	backstroke,	20 seconds	Elementary				physical
	some strokes	breaststroke	2. students	Backstroke				informati
	learned	3. treading	will perform	Water Polo				products.
	throughout	water	proper kick	Diving Board				services

the unit?	4. floating -	techniques of	Lifeguard			E.I.01.F
WHat are	on front and	all strokes			P	PHYSIC
some keys on	back	using wall			E	EDUCA'
helping you	5.	and kick			c	ombine
swim	introduction	board			ii	ntegrate
efficiently?	to diving	support.				undame
	6. retrieval of	3. students			s	kills and
	objects under	will be able			te	echnique
	water	to tread water			0	n feedb
	7. underwater	using arms			i1	ncluding
	distance	and legs for			a	ssessme
	swim	one minute			u	ndersta
		4. students			re	elationsl
		will perform			b	etween
		a surface dive			p	hysical
		to retrieve an			a	nd the
		object in the			p	reventic
		shallow end			i]	llness, d
		5. students			a	nd prem
		will use the				leath
		aid of the			P	E.I.01.F
		wall to push			P	HYSIC
		off and swim			E	EDUCA'
		underwater			d	levelop a
		for half the				mpleme
		width of the				ersonal
		pool				lan base
					S	elf-asses
					a	nd goal
						ndersta
					p	hysiolo
					c	hanges
						esult fro
					tı	raining,
					u	nderstai
					h	ealth be
					0	f regula
						articipa
						ctivity
						E.I.02.F
						HYSIC
					E	EDUCA'
						ndersta
						isks of i
I	1	I				

physical is perform

				incorrect
				performe
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J	TEAM ACTIVITIES: ELOC	D HOCKEV		

TEAM ACTIVITIES:FLOOR HOCKEY

	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standard
a r y		backhand pass 2. proper grip and ability to control stick 3. wrist shot 4. spatial awareness 5. goalie strategies 6. play	will perform a forehand and backhand pass to a stationary partner	Goalie Strategies Passing Faceoff				PE.I.01.F PHYSIC EDUCA' develop leadershi problem solving, cooperati team wor participa group ac PE.I.02.F PHYSIC EDUCA' understar

VITIES: BA	SKETBALL ~					well as sports: and resothers PE.I.02 PHYS EDUC work construction accoming goal in activity demonity considers of the involve sports are sports.
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						sports and re others PE.I.0 PHYS EDUC work constr with o accom goal ir activit demor consid
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of rules	stationary					is perf
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k	knowledge of rules	knowledge the wall while stationary 4. use and	the wall while stationary 4. use and understanding of goalie glove to freeze the puck 5. be able to play modified game while keeping sticks below the knee and without body	the wall while stationary 4. use and understanding of goalie glove to freeze the puck 5. be able to play modified game while keeping sticks below the knee and without body	stationary 4. use and understanding of goalie glove to freeze the puck 5. be able to play modified game while keeping sticks below the knee and without body	knowledge of rules stationary 4. use and understanding of goalie glove to freeze the puck 5. be able to play modified game while keeping sticks below the knee and without body

Questions					
Why is teamwork so important? Son 3 Son 5 Knockout Around the world 2 bounce	catching 1. stationary dribbling with	PIG Screening Basket Cut Pivoting	Skills Assessment 1/31/2011 3 on 3 tournament 1/31/2011	Day 1 Day 2 Day 3 Day 4 Day 5 and 6	PE.I.01- PERSON HEALTH FITNESS STUDEN WILL HA THE NECESS KNOWL AND SK ESTABL AND MA PHYSICA FITNESS PARTICI IN PHYS ACTIVIT MAINTA PERSON HEALTH PE.I.01.P PHYSICA EDUCAT demonstr competen variety of activities sports, ex that provi condition each fitne PE.I.01.P PHYSICA EDUCAT know that skills pro- complexi need to be the contex games an with addi environm constraint

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Fitness room/Weight training

	,	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
				Students will	Spotting	self and peer	Day 1		PE.I.01-
	۱	weight lifting	for lifting	learn the proper	Endurance	assessment,	Day 2		PERSONA
		important for	weights,	form and	Lifting	observation, written,	Day 3		HEALTH A
У	⁷	a healthy	reps, sets,	execution to	Strength	lifting journal	Day 4 to		FITNESS:
		lifestyle?	purpose of	work the	Lifting	3/3/2011	9		STUDENT
		How can	lifting	following body	Repititions				WILL HAY

muscular	weights,	1 1	Muscles in		THE
strength be	how to set	triceps,	the body		NECESSA
developed to	up and	forearms,			KNOWLE
increase	adjust	deltoids,			AND SKI
one's	machines,	rhomboids,			ESTABLI
personal	spotting,	trapezius,			AND MAI
fitness	breathing,	lattisimus dorsi,			PHYSICA
level?	heart rate	abdominals,			FITNESS,
	monitors,	pectoralis major			PARTICIE
	chart	and minor,			IN PHYSI
	progress,	gastrocnemious,			ACTIVIT
	training	quadriceps,			MAINTAI
	movements,	hamstrings,			PERSONA
	warm ups,	gluteus			HEALTH.
	safety,	maximus and			PE.I.01.PI
	range of	minimus			PHYSICA
	motion				EDUCAT
					demonstra
					competence
					variety of j
					activities (
					sports, exe
					that provid
					conditioning
					each fitnes
					PE.I.01.PI
					PHYSICA
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					know that
					skills prog
					complexity
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					the contex
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TEAM ACTIVITIES: TEAM HANDBALL

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of	Official sport	_				PE.C.01.F
	Team	in the	Goal Crease				PHYSICA
	Handball	summer	Traveling				EDUCAT
		olympics	Zone				establish a
			Defense				maintain a
			Half Court				level of sl
			Defense				performar
							demonstra
							mastery o
							fundamen
							movemen
							and skills
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Play Team Handball using 5 game rules and/or 3 seconds with ballhalf court defensegoalies first pass must be on their defensive side of half courtno arm swings when guarding player with ball Skills and Techniques * Place and execute goal shots * Execute 2 different types of shots (straight shot, bounce shot) * Show how to use pivot foot and passing * Give and go technique along with other types of passes (underhand/overhand)						tasks, and analyze s activities PE.C.01.1 PHYSIC EDUCAT demonstr competer leading a participat group act
Skills and Techniques * Place and execute goal shots * Execute 2 different types of shots (straight shot, bounce shot) * Show how to use pivot foot and passing * Give and go technique along with other types of passes	Handball using 5	goal crease3 steps and/or 3 seconds with ballhalf court defensegoalies first pass must be on their defensive side of half courtno arm swings when guarding player with				
	Techniques	* Place and execute 2 difference 3 difference 2 difference 3 difference 2 difference 3 difference 2 difference 3 differenc	rent unce se ssing with sses			

M TEAM ACTIVITIES: VOLLEYBALL a Essential r Standard Content Skills Vocabulary Assessments Lessons Resources **Ouestions** c h 1.Underhand | 1.students Bumping PE.I.01.I Serve will perform a **Setting** PHYSIC bump with a Modified EDUCA' 2. Bump partner/group | **Hitting** develop 2. students Overhand impleme will perform Serve personal 3. Set - just the underhand **Underhand** an plan base introduction serve while Serve self-asse to this skill, stationary Boundary and goal students against the Lines understa wall Rotation aren't physiolo Max of 3 expected to 3. students changes master this will then hits result fro skill at this perform the training, grade level. underhand understa 4. rotation serve over the health be net of regula 4.introduction participa to the twoactivity handed set PE.I.01.I 5. PHYSIC EDUCA' understanding the rules of a develop modified leadershi problem game 6. proper solving, rotation cooperat during game team wo 7. show good participa sportsmanship group ac PE.I.02.I PHYSIC EDUCA' understa risks of i physical is perform incorrect performe extreme environn

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$\overline{\mathbf{A}}$	8th Grade Fitn	iess			

A	8th Grade Fitness									
i	Essential Questions	Conten	t	Skills	Vocabulary	Assessments	Lessons	Resources	Standards	
1		Fitness	Body Composition Cardiovascular Endurance Flexibility Muscular Strength Muscular Endurance ag Physical Fitness entition/Identification Rates	Curcuit Training Fitness Stations Resistance Training Core Training Aerobic Training Stretching					PE.I.01- PERSONA HEALTH A FITNESS: STUDENT WILL HAV THE NECESSA KNOWLEI AND SKIL ESTABLIS AND MAI PHYSICAI FITNESS, PARTICIP IN PHYSIC ACTIVITY MAINTAI PERSONA	
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Caloric Palance/Eypondit	HEALT PE.I.01.
Balance/Expendit ure	PHYSIC
	EDUCA
Community Resources	demonst
free to students	compete
	variety o
	activities
	sports, e
	that prov
	conditio
	each fitr PE.I.01.
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M	TEAM ACTIVITIES:BASEBALL	/SOFTBALL		
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Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standard
	History and origin of sport Rules of game Throwing and Fielding Hitting	Rules: - outs per inning - balls and strikes per at bat - force outs vs. tag outs - strike zone Throwing: - abiilty to throw to a stationary target 15 feet away - Fielding a ground ball	Ground Ball Force Outs Tag Outs				PE.I.01.F PHYSIC EDUCA' develop leadershi problem solving, cooperati team wor participal group ac PE.I.02.F PHYSIC EDUCA' develop se cooperati collabora well as fa sportsma and respe

- Fielding a	others
ball hit in the	PE.I.02
air	PHYS
	EDUC
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Track and Field

Essential Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standard
Demonstrate general knowledge in a variety of track and field events. Define the following terms: sprint (dash), relay, baton, shot put, and discus.	form. Demonstrate proper throwing techniques of	mile Batons Relay Race Pacing Endurance Run				PE.I.01.I PHYSIC EDUCA' know that skills proving and need used in the context of games are sports with additional environme constrain PE.I.01.I PHYSIC EDUCA' develop leadership problem solving, cooperate team work participate group act PE.I.02.I PHYSIC

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	Essential	Content	Skills	Vocabulary	Assessments	Lassons	Resources	Standard
	Questions	Content	SKIIIS	v ocabular y	Assessificitis	Lessons	Resources	Stanuaru
e	what is the	History -	introduction	overhand	written			PE.I.02.F
		Origin of	to overhand	serve	7/1/2011			PHYSIC
	* *	Sport		forehand shot	skills			EDUCA'
		Rules of the		backhand	7/1/2011			understar
		Game		shot				role of pl
		knowledge of	_	volley				activity,
		proper		modified				and game
	scoring?	scoring	serve.	service box				balance t
		_	Students are					cooperati
			not required					competit
			to overhand					behavior
			serve in a					a possibl
			game.					in which
			forehand shot					develop a
			- using a					sharpen
			partner, one					leadershi
			on each side					problem
			of the net,					skills, an
			students will					understar
			perform the					physical,
			proper					emotiona
			forehand shot					social be
			going back					of partici
			over the net					in physic
			to their					activities
			partner.					PE.I.01.F
			Backhand					PHYSIC
			shot -					EDUCA'
			standing with					combine integrate
			a partner, one partner					fundame
			makes an					skills and
			underhand					technique
			throw to their					on feedba
			partner while					including
			the other					assessme
			partner hits a					understar
			backhand					relationsl
			shot back.					between
			serve rotation					physical
			for doubles					and the
			and singles					prevention
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