

Teacher: CORE P.E. Grade 8
 Course: P.E. Grade 8

Year: 2010-11
 Month: All Months

S e p t e m b e r	Team Activity:SOCCER ~ 4 Days							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Why is teamwork so important? What are the roles and values associated with teamwork? How can competency or proficiency in an activity impact your fitness level? How can leadership effect group activity? How can problem solving effect group activity? How does age and ability impact involvement in physical activity? How does an individual's actions and behaviors impact physical	Soccer Game	demonstrate and participate in indoor soccer skills - dribbling, passing, shooting, goal keeping	Throw-Ins Punting Trapping Goalie Play Corner Kick Heading	Rules of the game 10/1/2010 Unit Test 10/1/2010			PE.I.01.F PHYSIC EDUCA know tha skills pro in compl and need used in th context o games an sports wi additiona environm constrain PE.I.01.F PHYSIC EDUCA combine integrate fundame skills and technique on feedba including assessme understan relations between physical and the preventio illness, d and prem death PE.I.01.F PHYSIC EDUCA

<p>activity? How does personal and social behaviors effect activity (variety of roles, etc.)? How is skill level analyzed? What influences your decision to participate in physical activity?</p>							<p>develop leadership problem solving, cooperati team wor participa group ac PE.I.02.F PHYSIC EDUCA understand role of pl activity, and game balance cooperati competit behavior a possibl in which develop sharpen leadership problem skills, an understand physical, emotiona social be of partici in physic activities</p>
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Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can frisbee activities improve overall fitness?	rules, strategies, court boundaries, skills Kan Jam - rules, strategies	Ultimate Frisbee - throwing, catching, Kan jam - throwing to a target, deflection to	Scoring System	self and peer assessment, observation, modeling 10/31/2010 References - links 10/31/2010	day 1 Day 2 and 3 - Ultimate frisbee Day 4 and 5 Day 6 and 7 Frisbee golf		PE.I.01- PERSONAL HEALTH AND FITNESS: STUDENT WILL HAVE THE NECESSA

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TEAM ACTIVITY: FOOTBALL

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

		<p>will be able to play a modified football game</p> <p>8. students will be able to officiate games while playing</p> <p>9. students will demonstrate good sportsmanship</p>					<p>and prevent death</p> <p>PE.I.01.F</p> <p>PHYSICAL EDUCATION</p> <p>develop leadership problem solving, cooperati team wor participa group ac</p> <p>PE.I.02.F</p> <p>PHYSICAL EDUCATION</p> <p>understand risks of i physical is perform incorrect performe extreme environm condition recognize important safe phys condition (equipment facilities) well as th emotional condition essential safety</p> <p>PE.I.02.F</p> <p>PHYSICAL EDUCATION</p> <p>develop s cooperati collabora well as fa sportsma and respe others</p>
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November

TEAM ACTIVITIES: BADMINTON

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
<p>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?</p>	<p>History: --Origin of Sport, Olympics --Renovation of Equipment</p>	<p>Identify orally year badminton became official United States sport (1908) Sequence orally recognition of badminton as Olympic sport (International Olympic Committee, 1978) Sequence visually and orally components of badminton raquet, net, shuttle cock (birdie)</p>	<p>Underhand Serve "Birdie" Boundary Lines Service Boxes Rotation Rally Scoring Forehand Shot Drop Shot</p>				
	<p>Rules: -Service -Modified Game</p>	<p>Identify visually and orally boundaries and lines of court Identify visually and orally service box (smaller lines inside the entire court) Identify</p>					

		<p>visually and orally 3 serve rules (must be undrhand, served to opposite diagonal service box, must land inbounds inside the opposite service box)</p> <p>Identify visually and orally 8 rules when playing modified game:</p> <ul style="list-style-type: none">--birdie hitting line is an in-bound call--1 serve per side to clear net--1 shot per side to clear net--once Server 1 looses serve Server 2 on service team serves--server can score maximum of 5 points per turn--birdie hitting celiing is out--birdie				
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		<p>hitting pole or basketball nets are replays</p> <p>--Point is awarded if raquet or body touches net during rally</p> <p>Rotate up to 2 players when student's team earns birdie back</p>					
	<p>Fundamental Techniques:</p> <p>-Serve</p> <p>-Shot</p>	<p>Serve underhand placing birdie in front or back of the sevice box</p> <p>Rally with another student using an overhead clear or forehand shot</p>					
	<p>Game Play:</p> <p>-Officiating</p> <p>--Fair Play</p> <p>--Safety</p>	<p>Self-monitor spatial awareness on court when playing with partner</p> <p>Officiate modified game based on 8 rules during tournament play</p> <p>Score teams</p>					

		<p>playing in modified game using scoreboard State orally fair calls when playing in modified game</p> <p>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)</p> <p>Identify safety concerns throughout unit: nets, poles, racquet control.</p>					
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D AQUATIC ACTIVITIES: SWIM

D e c e m b e r	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	<p>What are some safety rules learned during the unit? What are some strokes learned throughout</p>	<p>1. rhythmic breathing 2. strokes - front crawl, elementary backstroke, breaststroke 3. treading water</p>	<p>1. stationary bobbing of body while rhythmically breathing for 20 seconds 2. students will perform proper kick</p>	<p>Rhythmic Breathing Front Crawl Pencil Dive Breast Stroke Elementary Backstroke Water Polo Diving Board</p>				<p>PE.I.03.F PHYSICAL EDUCATION demonstrate ability to use physical information products services</p>

<p>the unit? What are some keys on helping you swim efficiently?</p>	<p>4. floating - on front and back 5. introduction to diving 6. retrieval of objects under water 7. underwater distance swim</p>	<p>techniques of all strokes using wall and kick board support. 3. students will be able to tread water using arms and legs for one minute 4. students will perform a surface dive to retrieve an object in the shallow end 5. students will use the aid of the wall to push off and swim underwater for half the width of the pool</p>	<p>Lifeguard</p>				<p>PE.I.01.E PHYSIC EDUCA combine integrate fundame skills and technique on feedba including assessme understar relations between physical and the preventio illness, d and prem death PE.I.01.E PHYSIC EDUCA develop a impleme personal plan base self-asse and goal understar physiolo changes result fro training, understar health be of regula participa activity PE.I.02.E PHYSIC EDUCA understar risks of i physical is perform</p>
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TEAM ACTIVITIES:FLOOR HOCKEY

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	1. forehand and backhand pass 2. proper grip and ability to control stick 3. wrist shot 4. spatial awareness 5. goalie strategies 6. play modified	1. students will perform a forehand and backhand pass to a stationary partner 2. stick handling and spatial awareness while moving 3. performance of a wrist	Wrist Shot Backhand Shot Offensive/Defensive Lines 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

	game and knowledge of rules	shot against 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 contact					risks of i physical is perform incorrect performe extreme environm condition recognize important safe phys condition (equipme facilities well as th emotional condition essential safety PE.I.02.F PHYSIC EDUCA develop s cooperati collabora well as fa sportsma and respo others PE.I.02.F PHYSIC EDUCA work construct with othe accompli goal in a activity, demonstr consider for other involved
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TEAM ACTIVITIES: BASKETBALL ~

Essential	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
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Questions						
Why is teamwork so important?	rules, teamwork, sportsmanship, basic skills 3 on 3 5 on 5 Knockout Around the world 2 bounce	dribbling, shooting, passing and catching 1. stationary dribbling with right and left hand 2. dribbling while moving 3. perform chest and bounce pass with a partner while stationary 4. dribbling - pivoting - passing to a moving target 5. shooting - lay up, block jumper, and jump shot 6. participate in modified games - 1v1, 2v2, 3v3, PIG, knockout 7. demonstrate good sportsmanship	Chest Pass Bounce Pass Dribbling Traveling Rules Knock Out 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- PERSONAL HEALTH AND FITNESS: STUDENT WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY TO MAINTAIN PERSONAL HEALTH. PE.I.01.PL. PHYSICAL EDUCATION demonstrate competency in a variety of physical activities (games, sports, exercises) that provide conditioning for each fitness component. PE.I.01.PL. PHYSICAL EDUCATION know that more complex skills programs need to be designed in the context of games and with additional environmental constraints. PE.I.01.PL.

								<p>PHYSICAL EDUCATION develop leadership, problem solving, cooperation, team work, participating in group activities</p> <p>PE.I.02-A STUDENT WILL ACCUMULATE THE KNOWLEDGE AND ABILITIES NECESSARY TO CREATE AND MAINTAIN SAFE AND HEALTHY ENVIRONMENTS</p> <p>PE.I.02.PL.1. PHYSICAL EDUCATION students understand the risks of injury from physical activities performed incorrectly or performed in extreme environmental conditions, recognize the importance of physical conditions (equipment, facilities) and as the emotional conditions essential for</p> <p>PE.I.02.PL.2. PHYSICAL</p>
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Fitness room/Weight training

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

<p>muscular strength be developed to increase one's personal fitness level?</p>	<p>weights, how to set up and adjust machines, spotting, breathing, heart rate monitors, chart progress, training movements, warm ups, safety, range of motion</p>	<p>parts: biceps, triceps, forearms, deltoids, rhomboids, trapezius, lattissimus dorsi, abdominals, pectoralis major and minor, gastrocnemious, quadriceps, hamstrings, gluteus maximus and minimus</p>	<p>Muscles in the body</p>			<p>THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY AND MAINTAIN PERSONAL HEALTH. PE.I.01.PL. PHYSICAL EDUCATION demonstrate competency in a variety of physical activities (games, sports, exercises) that provide cardiovascular conditioning for each fitness level. PE.I.01.PL. PHYSICAL EDUCATION know that more complex skills programs need to be implemented in the context of games and activities with additional environmental constraints. PE.I.01.PL. PHYSICAL EDUCATION develop leadership, problem solving, cooperation and team work participation.</p>
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							<p>group activities</p> <p>PE.I.02-A.5 AND HEALTHY ENVIRONMENT STUDENT WILL ACCOMPLISH THE KNOWLEDGE AND ABILITIES NECESSARY TO CREATE AND MAINTAIN SAFE AND HEALTHY ENVIRONMENT</p> <p>PE.I.02.PI.1 PHYSICAL EDUCATION understand the risks of injury from physical activities not properly performed or performed incorrectly performed in extreme environmental conditions, recognize the importance of physical conditions (equipment facilities) and as the emotional conditions essential for PE.I.02.PI.2 PHYSICAL EDUCATION develop skills, cooperation, collaboration well as fair play, sportsmanship and respect for others</p>
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TEAM ACTIVITIES: TEAM HANDBALL

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History of Team Handball	Official sport in the summer olympics	Jump Ball Goal Crease Traveling Zone Defense Half Court Defense				PE.C.01.E PHYSICAL EDUCATION establish a maintain a level of sk performan demonstra mastery o fundamen movemen and skills can contri daily livin

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TEAM ACTIVITIES: VOLLEYBALL

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

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8th Grade Fitness

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Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	5 Components of Health Fitness: <ul style="list-style-type: none"> • Body Composition • Cardiovascular Endurance • Flexibility • Muscular Strength • Muscular Endurance Defining Physical Fitness Muscle Recognition/Identification Heart Rates Nutrition: <ul style="list-style-type: none"> • Metabolic Rate 	Monitor Heart Rate Rope Jumping Curcuit Training Fitness Stations Resistance Training Core Training Aerobic Training Stretching	Muscular Endurance Muscular Strength Calories Body Mass Index Dynamic Stretching				PE.1.01- PERSONAL HEALTH AND FITNESS: STUDENT WILL HAVE THE NECESSARY KNOWLEDGE AND SKILLS TO ESTABLISH AND MAINTAIN PHYSICAL FITNESS, PARTICIPATE IN PHYSICAL ACTIVITY AND MAINTAIN PERSONAL

	<ul style="list-style-type: none"> • Caloric Balance/Expenditure <p>Community Resources free to students</p>					<p>HEALTH. PE.I.01.PL. PHYSICAL EDUCATION demonstrate competency variety of p activities (g sports, exer that provide conditionin each fitness PE.I.01.PL. PHYSICAL EDUCATION combine an integrate fundamenta and adjust technique b on feedback including s assessment understand relationship between ph activity and prevention illness, dise and premat death PE.I.02-A S AND HEA ENVIRON STUDENT WILL ACC THE KNOWLE AND ABIL NECESSA CREATE A MAINTAI SAFE AND HEALTHY ENVIRON PE.I.02.PL.</p>
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TEAM ACTIVITIES:BASEBALL/SOFTBALL

May

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	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: - ability to throw to a stationary target 15 feet away - - Fielding a ground ball	Home Plate Name of Defensive Positions Pop Up Ground Ball Force Outs Tag Outs				PE.1.01.F PHYSICAL EDUCATION develop leadership problem solving, cooperative team work participation group activities PE.1.02.F PHYSICAL EDUCATION develop cooperative collaboration well as fair sportsmanlike and respect

		- Fielding a ball hit in the air					others PE.I.02.F PHYSIC EDUCA work construct with othe accompli goal in a activity, demonstr consider for other involved
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Track and Field

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Demonstrate general knowledge in a variety of track and field events. Define the following terms: sprint (dash), relay, baton, shot put, and discus.	Demonstrate proper running form. Demonstrate proper throwing techniques of the shot put and discus. Successfully demonstrate handling and receiving the baton.	Laps=1/4 mile Batons Relay Race Pacing Endurance Run Short Distance Run Long Jump				PE.I.01.F PHYSIC EDUCA know tha skills pro in compl and need used in th context o games an sports wi additional environm constrain PE.I.01.F PHYSIC EDUCA develop leadershi problem solving, cooperati team wor participa group ac PE.I.02.F PHYSIC

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	<p>what is the proper serve rotation for doubles and singles?</p> <p>what is the proper scoring?</p>	<p>History - Origin of Sport</p> <p>Rules of the Game</p> <p>knowledge of proper scoring</p>	<p>introduction to overhand serve - students will be taught the proper overhand serve.</p> <p>Students are not required to overhand serve in a game.</p> <p>forehand shot - using a partner, one on each side of the net, students will perform the proper forehand shot going back over the net to their partner.</p> <p>Backhand shot - standing with a partner, one partner makes an underhand throw to their partner while the other partner hits a backhand shot back.</p> <p>serve rotation for doubles and singles match</p>	<p>overhand serve</p> <p>forehand shot</p> <p>backhand shot</p> <p>volley</p> <p>modified service box</p>	<p>written 7/1/2011</p> <p>skills 7/1/2011</p>			<p>PE.I.02.E</p> <p>PHYSIC</p> <p>EDUCA</p> <p>understar</p> <p>role of ph</p> <p>activity,</p> <p>and game</p> <p>balance b</p> <p>cooperati</p> <p>competit</p> <p>behavior</p> <p>a possibl</p> <p>in which</p> <p>develop a</p> <p>sharpen</p> <p>leadershi</p> <p>problem</p> <p>skills, an</p> <p>understar</p> <p>physical,</p> <p>emotional</p> <p>social be</p> <p>of partici</p> <p>in physic</p> <p>activities</p> <p>PE.I.01.E</p> <p>PHYSIC</p> <p>EDUCA</p> <p>combine</p> <p>integrate</p> <p>fundame</p> <p>skills and</p> <p>technique</p> <p>on feedb</p> <p>including</p> <p>assessme</p> <p>understar</p> <p>relations</p> <p>between</p> <p>physical</p> <p>and the</p> <p>preventio</p> <p>illness, d</p>

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