

## COURSE OUTLINE

**SUBJECT: PHYSICAL EDUCATION**

**GRADE: 8**

### **Course Description**

The Physical Education program will provide experiences to develop coordination, control, initiative, self-reliance, self-worth, honesty and kindness to others. Opportunities will be provided for increased responsibility in planning, organizing and leadership. The importance of fitness through activity will continually be stressed, while offering as wide a skill and game experience as possible and by following the Learning Standards for Physical Education:

#### **Standard 1: Personal Health and Fitness**

*Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity and maintain person health.*

#### **Standard 2: A Safe and Healthy Environment**

*Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.*

#### **Standard 3: Resource Management**

*Students will understand and be able to manage their personal and community resources.*

### **Anticipated Student Outcomes**

*By June of this year, students will be able to...*

#### **Standard 1:**

- demonstrate competence in modified versions of a variety of movement forms.
- understand and apply more advanced movement and game strategies.
- actively participate in a variety of activities with mature skill.
- explore appropriate individual, group challenge, and problem-solving activities.
- participate in a variety of health related fitness activities in both school and non-school setting.
- understand and apply basic principals of training to improve physical fitness.
- develop personal fitness goals independently.
- participate in physical activity for enjoyment.
- evaluate fitness.

**Standard 2:**

- work cooperatively within groups to achieve goals in a competitive, as well as cooperative setting.
- accept constructive criticism.
- use self-control.
- self officiate when needed in a game situation.
- enjoy participation in physical activity.
- try new and challenging activities.
- exercise at home for personal enjoyment.
- use equipment in appropriate fashion.
- use proper form and technique while stretching.
- regularly participate in warm up and cool down activities.

**Standard 3:**

- plan and participate in family and community activities.
- participate in community sponsored sports programs.
- locate physical activity programs, information, products and services.

**Materials**

- Properly dressed
- If medically excused, note from nurse
- Extended medical, note from doctor

**Criteria for Assessment**

*All students will be graded and assessed based on the following criteria:*

- Preparation (sneakers, shorts, shirt, sweats)
- Active participation
- Sportsmanship (respect self & others)
- Self-improvement demonstrated through self & peer assessment (rubric and written tests)
- Attitude and behavior in gym setting

**Sports/Activities**

The following sports/activities may be offered during the 8<sup>th</sup> grade year: Frisbee, football, elementary games unit, softball, basketball, volleyball, and badminton.

*Outline developed by: Physical Education Department*

*Date: Spring 2021*