

## **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 personal 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 and group challenges, and problem-solving activities.
- participate in a variety of health related fitness activities in both school and non-school settings.
- understand and apply basic principles of training to improve physical fitness.
- develop personal fitness goals independently.

- participate in physical activity for enjoyment.
- evaluate fitness.
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#### **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 the 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: Winter 2025*