

Physical Education 8 Course Overview

Unit	Major Concepts	Skills	Summative Assessments
Fitness (all three trimesters)	Health Related Components of Fitness: Cardiovascular Muscular strength and endurance Flexibility Skill related components of fitness Principles of training Importance of Warm-up and Cool-down Benefits/Risks, Knowledge of muscle groups	Static and Dynamic Stretches Proper use of various cardio and weight equipment Finding resting and target heart rate	Fitness assessments
Individual/Dual Sports *Badminton *Pickleball *Tennis	Scoring Refereeing Sportsmanship Communication	Serve, forehand, backhand Positioning Reading opposition	Student referee
Team Sports *Soccer *Volleyball *Ultimate *Team handball *Basketball *Flag football *Flag rugby *Create-a-game	Offense/Defense, Open spaces Communication Sportsmanship and teamwork Safety Rules Scoring	Throwing and Catching Striking object with body parts Move into open spaces, positioning guarding Use of all skills in game situation	Teacher Observation, Authentic Assessment (Actual Performance), Self Assessment, Sports Commentator, Tournament planning and participation, Student Referee

