

Course: Health and Physical Education

Grade Level: 8th

Textbook/Instructional Materials:

Month	Topic	Assessments and Activities	Curriculum Standards
September	Physical Fitness Testing	Activities: One Mile Run, Push Up and Sit Up test, Pacer Test Formative: Best Effort on Tests Summative: Fitness Standards for age and gender	Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.
Month	Topic	Assessments and Activities	Curriculum Standards
October	Physical Fitness Testing	Activities: One Mile Run, Push Up and Sit Up test, Pacer Test Formative: Best Effort on Tests Summative: Fitness Standards for age and gender Activities: Drug readings, videos, discussion, vocabulary	Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.

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	Drug Use and Abuse	Formative: answering questions pertaining to different drugs, class discussions Summative: vocabulary test	
Month	Topic	Assessments and Activities	Curriculum Standards
November	Drug Use and Abuse	Activities: Drug readings, videos, discussion, vocabulary Formative: answering questions pertaining to different drugs, class discussions Summative: vocabulary test	Curriculum Objectives:
Month	Topic	Assessments and Activities	Curriculum Standards
December	Basketball Volleyball	Activities: Skills, Games, Modified Games Formative: skill practice, participation, adherence to rules of games, game play Summative: Ability to use skills correctly and participate in game play while keeping score and officiating their own game	Curriculum Objectives: Standard 1: Demonstrates competency in a variety of motor skills and movement patterns; Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
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January	Weights and Conditioning	<p>Activities:</p> <ul style="list-style-type: none">● Formative: Class discussions and participation● Readings, answering questions, and defining key terms● Note taking guides● Exercise programs● Reflections on programs● Summative: Distinguish the differences and benefits between exercise components, learn about the different aspects of each component, develop, follow, and adjust an exercise routine.● Research, develop, and follow an exercise routine that incorporates all the components of exercise.● The target audience is the student.● Researching, developing, and implementing an exercise program..● You need to research, develop, follow, and adjust an exercise program that incorporates all the components of exercise (flexibility, strength, and cardiovascular fitness), follow it for 2 weeks, reflect on it as well as make any changes that may be necessary.	Curriculum Objectives:
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		<ul style="list-style-type: none"> Your work will be graded on thoroughness of the program as well as the reflection piece. 	
Month	Topic	Assessments and Activities	Curriculum Standards
February	Weights and Conditioning	<p>Activities:</p> <ul style="list-style-type: none"> Formative: Class discussions and participation Readings, answering questions, and defining key terms Note taking guides Exercise programs Reflections on programs <ul style="list-style-type: none"> Summative: Distinguish the differences and benefits between exercise components, learn about the different aspects of each component, develop, follow, and adjust an exercise routine. Research, develop, and follow an exercise routine that incorporates all the components of exercise. The target audience is the student. Researching, developing, and implementing an exercise program.. 	Curriculum Objectives:

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		<ul style="list-style-type: none"> You need to research, develop, follow, and adjust an exercise program that incorporates all the components of exercise (flexibility, strength, and cardiovascular fitness), follow it for 2 weeks, reflect on it as well as make any changes that may be necessary. Your work will be graded on thoroughness of the program as well as the reflection piece. 	
Month	Topic	Assessments and Activities	Curriculum Standards
March	Archery	<p>Activities: Rules and safety, equipment discussion, history, target shooting, score keeping, archery games and activities</p> <p>Formative: skill practice, worksheets, modeling</p> <p>Summative: 11 steps test</p>	<p>Curriculum Objectives: Standard 4: Exhibits responsible personal and social behavior that respects self and others.</p> <p>3. Accepting feedback: Provides encouragement and feedback to peers without prompting from the teacher.</p> <p>5. Working with others: Cooperates with multiple classmates on problem-solving initiatives, including adventure activities, large-group initiatives, and game-play.</p> <p>7. Safety: Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.</p>
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<p>April</p>	<p>Archery HIV and AIDS</p>	<p>Activities: : Rules and safety, equipment discussion, history, target shooting, score keeping, archery games and activities, readings, worksheets</p> <p>Formative: skill practice, worksheets, modeling, class discussions</p> <p>Summative: End of unit test</p>	<p>Curriculum Objectives: Standard 4: Exhibits responsible personal and social behavior that respects self and others.</p> <p>3. Accepting feedback: Provides encouragement and feedback to peers without prompting from the teacher.</p> <p>5. Working with others: Cooperates with multiple classmates on problem-solving initiatives, including adventure activities, large-group initiatives, and game-play.</p> <p>7. Safety: Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.</p>
<p>Month</p>	<p>Topic</p>	<p>Assessments and Activities</p>	<p>Curriculum Standards</p>
<p>May</p>	<p>Physical Fitness Testing</p>	<p>Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test</p> <p>Formative: Best Effort on Tests</p> <p>Summative: Fitness Standards for age and gender</p>	<p>Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach). K.HR.07.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.</p>

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June	Physical Fitness Testing	Activities: One Mile Run, Push Up and Sit Up test, Pacer Test Formative: Best Effort on Tests Summative: Fitness Standards for age and gender	Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.