

PE

Syllabus: Grade 8

Course Description

The primary objectives of this class are to improve physical fitness, increase knowledge and skills of lifetime sports, and develop awareness of healthy practices. Therefore, the physical education course is designed to provide students at this grade level with the opportunity to develop competency in many movement forms and their relation to fitness. The focus is on introductory skills and knowledge necessary for understanding and participating. The teaching at this level focuses on basic skill, lead up games, techniques and strategies that will give each students competency in each activity. This class is designed to meet the physical, mental, and social needs of the whole student.

Standards

The ministry of education adopted 7 standards for quality physical education learning outcome published by the National Association of Sports and Physical Education and added an eighth to include rules, strategy and safety. The eight standards run throughout the eight grade levels.

Competency Level

Each competency is a direct reflection of the standard of the curriculum. They are the means for achieving the curriculum standards at each grade level. The competencies are designed to be general enough for flexibility, but specific enough for the teacher to create specific lessons plans.

Objective

The suggested objectives in the curriculum are written to serve as an example of ways in which objectives can be written. Teachers are free to create their own objective to achieve the desired outcomes of each competency.

Resources/Books

Ministry of Education Physical Education Curriculum
Spark PE curriculum resource
Open Physed. Resources and website
Fitness gram (physical fitness testing)

Curriculum Standards:

I: Movement Form

II: Movement Concept

III: Physical Activity

IV: Physical Fitness

V: Responsible Behavior

VI: Respect for Others

Contact Hours

Daily (Monday to Friday)

Class length: 45 min.

Class Rules

Students are expected to:

1. Come to class prepared
2. Give best effort
3. Follow directions
4. Demonstrate good listening skills
5. Follow rules during activities
6. Show good sportsmanship
7. Behave respectfully towards self, others, and PE equipment

Grading

Effort and Behavior & Activity

- 1 - Outstanding
- 2 - Satisfactory
- 3 - Needs Improvement
- 4 - Unsatisfactory

VII: Understanding Challenge

VIII: Decision Making

Course Requirements

1. **Special Condition** – Students with special conditions that will limit or prohibit them from participation in PE class should have a note from a doctor or a medical form to allow teacher to structure class for participation or to excuse the student.
2. **Absent** – A student that is absent must turn in a valid excuse in order for him/her to receive a make up assignment from PE teacher. If unexcused, student will be given a 1 point and will not be given a make up assignment.
3. **Clothing** – All students are required to attend physical education in their school PE uniform.
4. **Shoes** – Flat rubber soled only (sports shoes) no elevated soles, sandals, or slip-ons.
5. **Jewelry** – Students should remove all jewelries before participation in PE.
6. **Water Bottles** – All students are required to bring water bottle to PE class.

Content Theme

Gross Motor Development	Emotional & Behavioral Self Regulation	Relationship with others	Cognitive learning
<p>Analyzes movement and activity situations and makes adjustments with a specific purpose or to create a strategic advantage.</p> <p>Combines locomotor skills with movement concepts in PA environments.</p>	<p>Discusses ways to increase enjoyment in self-selected physical activities.</p> <p>Uses effective self-monitoring skills to incorporate opportunities for physical activity in and outside of school.</p> <p>Applies rules and good behavior by acting as an official for modified physical activities or creating games within a given set of parameters.</p>	<p>Demonstrates respect for self by asking for help and helping others in various physical activities.</p> <p>Develop the courage and skill to ask for help and offer support to others.</p> <p>Seeks out and identifies PA options to enrich physical, emotional, and mental health for self and others.</p>	<p>Explains the connection between regular PA & physical, emotional, and mental health.</p> <p>Describes the use of Heart Rate Zones as a way to improve or maintain personal fitness.</p> <p>Seeks out and identifies fitness opportunities in the local community.</p>

Sample activities			
Basketball	Swimming	Baseball	Movement & Rhythmic
Volleyball	Fitness	Soccer	lead-up games
Table tennis	Athletics		