

## Physical Education 8 Course Overview

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

