

## 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 and Flexibility, Skill Related components of fitness, Goal Setting and Fitness Planning, FITT principle, 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 testing,
Individual/Dual Sports *badminton *pickle ball	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