






















Physical Education

CANTON PUBLIC SCHOOLS 6-8 SCOPE AND SEQUENCE

Topics							
	Invasion Games	Experience Education & Cooperative Games	Net/Wall Games	Striking Games	Personal Fitness (Including Fitness Testing)	Recreational Games	Target Games
Standard	6-8	6-8	6-8	6-8	6-8	6-8	6-8
1							
2							
3							
4							
5							

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Student Class Organizer: GMS 8th Grade Physical Education

Class Essential Questions: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

Standards for Success:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

UNITS IN THIS COURSE

- Invasion Games
- Cooperative Games
- Net/Wall Games
- Striking
- Target
- Fitness
- Teambuilding/Experiential Ed.

WHAT CRITICAL LIFE SKILLS WILL I LEARN

- Decision Making
- Hard Work
- Resiliency
- Self Advocacy
- Self-Motivation
- Injury Prevention

HOW WILL I BE ASSESSED

- Self/Peer Assessments
- Observational Checklists
- Written Assignments
- Fitness Testing/Goals

RELEVANCE OF MATERIAL

In life, we as individuals all have our own personal levels and interest of fitness. The topics in this course will help you to identify specific lifelong fitness activities and habits to maintain a healthy and manageable lifestyle.

ESSENTIAL QUESTIONS FOR EACH UNIT

Invasion Games

What are the skills necessary to succeed in invasion games?

Cooperative Games

How can I use all of the skills covered (communication/problem solving) improve my own personal fitness and problem solving skills?

Net/Wall Games

How does utilizing a proper underhand serve with control help me to be successful with all net/wall games?

Striking

How can I safely use various implements to properly strike an object and advance the object to an open space or net?

Fitness

Why is it important to learn proper technique when exercising for a particular sport or for lifelong fitness?

Target

How can I apply various learned strategies to advance gameplay using proper learned techniques?

Teambuilding/Experiential Ed.

How can I communicate effectively and problem solve to achieve a common goal?

Physical Education 8th Grade: Invasion Games

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- Soccer/Speedball
- Capture the Flag

UNIT SKILLS

- Evasive maneuvers
- Gameplay/Game Rules
- Team Work
- Cooperation
- Offensive/Defensive Skills

HOW WILL I BE ASSESSED?

- Teacher Observations
- Movement
- Skill Rubrics

ESSENTIAL QUESTION FOR EACH UNIT

Invasion Games

What are the skills necessary to succeed in invasion games?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to demonstrate mature patterns for throwing, dribbling with and without an implement, and the ability to transition quickly from offense to defense during a small sided game.

Physical Education 8th Grade: Net/Wall Games

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- Badminton
- Volleyball

UNIT SKILLS

- Proper Grip, serve, backhand/forehand swings, bump, set, rallying, offense/defense, game rules/gameplay

HOW WILL I BE ASSESSED?

- Written Assignment
- Observational Checklist

ESSENTIAL QUESTION FOR EACH UNIT

Net/Wall Games:

How does creating a proper underhand serve with control help me to be successful in all net/wall games?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to execute a proper forehand/backhand, bump/set using short and long shots to create space and move around the opponent in gameplay.

Physical Education 8th Grade: Teambuilding/Experiential Ed.

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- "Challenge" Mohawk Walk
- Rock Paper Scissors Hoops
- Team Triangle
- Left, Right, Center

UNIT SKILLS

- Challenge by choice
- Leadership
- Cooperation
- Teamwork
- Resiliency
- Decision Making

HOW WILL I BE ASSESSED?

- Self/Peer Assessments

ESSENTIAL QUESTION FOR EACH UNIT

Team Building/Recreational Games

How can I communicate effectively and problem solve to achieve a common goal?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to identify and operate within all safety protocols and be able to demonstrate cooperation and problem solving skills in adventure activities.

Physical Education 8th Grade: Cooperative Games

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- Various Games (Monarch, Pinball, Scooter Games, King of the Hill)

UNIT SKILLS

- Decision Making
- Leadership
- Self-Advocacy
- Working Cooperatively
- Accomplishing a Common Goal

HOW WILL I BE ASSESSED?

- Self/Peer Assessments
- Movement
- Skill Rubrics

ESSENTIAL QUESTION FOR EACH UNIT

How can I use all of the skills covered (communication/problem solving) improve my own personal fitness and problem solving skills?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to explain the relationship between self-expression and lifelong enjoyment through physical activities.

Physical Education 8th Grade: Fitness

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- Fitness Gram Testing
- Advancement of PLT4M

UNIT SKILLS

- Strength
- Flexibility
- Endurance
- Proper Form of various exercises

HOW WILL I BE ASSESSED?

- Teacher Observations
- Fitness Testing

ESSENTIAL QUESTION FOR EACH UNIT

Fitness

Why is it important to learn proper technique when exercising for a particular sport or for lifelong fitness?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to perfect the squat jump, walking lunge, burpee.

Physical Education 8th Grade: Striking

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- Floor Hockey
- Golf
- Whiffle Ball

UNIT SKILLS

- Stick Handling
- Passing
- Shooting
- Offensive/Defensive Skills
- Moving to an open space

HOW WILL I BE ASSESSED?

- Observational Checklist
- Teacher check ins

ESSENTIAL QUESTION FOR EACH UNIT

Striking: How can I safely use various implements to properly strike an object and advance the object to an open space or net?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to strike a ball with an implement with power to an open space in a variety of games.

Physical Education 8th Grade: Target

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

UNIT FOCUS

- Frisbee
- Lacrosse
- Golf

UNIT SKILLS

- Throwing
- Fielding
- Proper forward release
- Offensive/Defensive Skills
- Teamwork & Catching

HOW WILL I BE ASSESSED?

- Observation Checklist
- Teacher Check ins

ESSENTIAL QUESTION FOR EACH UNIT

Striking Games

How can I apply various learned strategies to advance gameplay using proper learned techniques?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to select appropriate discs based location to target in relation to target and be able to demonstrate a mature throwing pattern that focuses on distance and power.