

## WARREN COUNTY SCHOOL DISTRICT

### PLANNED INSTRUCTION

#### **COURSE DESCRIPTION**

**Course Title:** Physical Education 8

**Course Number:** 00607

**Course Prerequisites:** None

**Course Description:** Grade 8 prepares students to develop future personal fitness choices while reviewing and putting to practice the lessons developed in previous grades. The student will recognize the value and benefit of physical fitness in maintaining a healthy lifestyle. Students will complete the WCSD Fitness Testing.

**Suggested Grade Level:** Grade 8

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG 47

To find the CSPG information, go to [CSPG](#)

**Certification verified by the WCSD Human Resources Department:** ☒ Yes ☐ No

#### **WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

☒ F – Final Average ☒ MP – Marking Period ☐ EXM – Final Exam

**GPA Type:** ☐ GPAEL-GPA Elementary ☒ GPAML-GPA for Middle Level ☐ NHS-National Honor Society  
☐ UGPA-Non-Weighted Grade Point Average ☐ GPA-Weighted Grade Point Average

**State Course Code:** 08001

To find the State Course Code, go to [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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#### **TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

##### **Board Approved Textbooks, Software, and Materials:**

**Title:** NA  
**Publisher:** NA  
**ISBN #:** NA  
**Copyright Date:** NA  
**WCSD Board Approval Date:** NA

**Supplemental Materials:** NA

#### **Curriculum Document**

##### **WCSD Board Approval:**

**Date Finalized:** 1/31/2024  
**Date Approved:** 6/10/2024  
**Implementation Year:** 2024-2025

#### **SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball

***Recreational Sports:*** Kickball/Variations, Structured Games

***Individual/Dual Sports:*** Track & Field, Cooperative Activities, Conditioning/Fitness Activities

**Marking Period 2**

***Team Sports:*** Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Structured Games

***Individual/Dual Sports:*** Racquet Sports, Cooperative Activities, Conditioning/Fitness Activities

**Marking Period 3**

***Team Sports:*** Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Structured Games

***Individual/Dual Sports:*** Racquet Sports, Cooperative Activities, Conditioning/Fitness Activities

**Marking Period 4**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball

***Recreational Sports:*** Kickball/Variations, Structured Games

***Individual/Dual Sports:*** Track & Field, Cooperative Activities, Conditioning/Fitness Activities

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**Standards/Eligible Content and Skills**

<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Marking Period Taught</b>
Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.	10.4.9.A	All
Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. (stress management/disease prevention/weight management)	10.4.9.B	All
Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. [exercise (e.g., climate, altitude, location, temperature)/healthy fitness zone/individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)/drug/substance use/abuse]	10.4.9.C	All
Analyze factors that affect physical activity preferences of adolescents. (skill competence/social benefits/previous experience/activity confidence)	10.4.9.D	All
Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. (personal choice/developmental differences/amount of physical activity/authentic practice)	10.4.9.E	All
Analyze the effects of positive and negative interactions of adolescent group members in physical activities. (group dynamics/social pressure)	10.4.9.F	All
Describe and apply the components of skill-related fitness to movement performance. (agility/balance/coordination/power/reaction time/speed)	10.5.9.A	All
Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. [response selection/stages of learning a motor skill (i.e. verbal cognitive, motor, automatic)/types of skill (i.e. discrete, serial, continuous)]	10.5.9.B	All
Identify and apply practice strategies for skill improvement.	10.5.9.C	All
Identify and describe the principles of training using appropriate vocabulary. (specificity/overload/progression/aerobic/anaerobic/circuit/interval/repetition/set)	10.5.9.D	All
Analyze and apply scientific and biomechanical principles to complex movements. (centripetal/centrifugal force/linear motion/rotary motion/friction/resistance/equilibrium/number of moving segments)	10.5.9.E	All
Describe and apply game strategies to complex games and physical activities. (offensive strategies/defensive strategies/time management)	10.5.9.F	All
Analyze the role of individual responsibility for safety during organized group activities.	10.3.9.D	All

## **ASSESSMENTS**

**PDE Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Teacher Observation, Fitness Testing, Participation, Sportsmanship, Preparation (Proper Fitness Attire)

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Participation, Sportsmanship, Preparation (Proper Fitness Attire)