

WARREN COUNTY SCHOOL DISTRICT
PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Physical Education 8

Course Number: 00607

Course Prerequisites: Physical Education 7

Course Description: (Include “no final exam” or “final exam required”)

Physical Education 8 provides students with the knowledge to further develop team/individual sport strategies and concepts. The students will also recognize the value and benefit of physical fitness in maintaining a healthy lifestyle. No final exam.

Suggested Grade Level: Grade 8

Length of Course: One Semester Two Semesters X Other

(Describe) Currently once per week throughout the school year.

Units of Credit: None (Insert NONE if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)

(Insert certificate title and CSPG#) Health and Physical Education or Physical Education

Certification verified by WCSD Human Resources Department:

 X Yes No

Board Approved Textbooks, Software, Materials: Not applicable

Title:

Publisher:

ISBN #:

Copyright Date:

Date of WCSD Board Approval:

BOARD APPROVAL:

Date Written: June 10, 2010

Date Approved: _____

Implementation Year: 2011-2012

Suggested Supplemental Materials: (List or insert None) None

Course Standards

PA Academic Standards: (List by Number and Description)

10.3 – Safety and Injury Prevention

10.4 – Physical Activity

10.5 – Concepts, Principles, and Strategies of Movement

WCSD Academic Standards: (List or None)

None

Industry or Other Standards: (List, Identify Source or None)

None

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

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

SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

PA Standard: 10.3.9 Safety and Injury Prevention

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community..			Teacher observation
C.	Analyze and apply strategies to avoid or manage conflict and violence during adolescence.			

PA Standard: 10.4.9 Physical Activity

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.			Physical fitness tests
B.	Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.			
C.	Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.			
D.	Analyze factors that affect physical activity preferences of adolescents.			
E.	Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.			
F.	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.			

PA Standard: 10.5.9 Concepts, Principles, and Strategies of Movement

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Describe and apply the components of skill-related fitness to movement performance.			Teacher observation; Skills testing
B.	Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.			
C.	Identify and apply practice strategies for skill improvement.			
E.	Analyze and apply scientific and biomechanical principles to complex movements.			
F.	Describe and apply game strategies to complex games and physical activities.			

ASSESSMENTS

PSSA Assessment Anchors Addressed: The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at pde@state.pa.us.

Formative Assessments: The teacher will develop and use standards-based assessments throughout the course.

Portfolio Assessment: _____ Yes X No

District-wide Final Examination Required: _____ Yes X No

Course Challenge Assessment (Describe):

REQUIRED COURSE SEQUENCE AND TIMELINE

(Content must be tied to objectives)

Content Sequence	Dates
------------------	-------

Objectives:

- Analyze the role of individual responsibility for safety during physical activity.
- Engage in activities that are developmentally appropriate that contribute to physical fitness and health.
- Skills, activities, games, and equipment progression
- Demonstrate positive interaction.
- Demonstrate teamwork skills of leading and following.
- Identify and demonstrate the rules, regulations, and safety procedures.
- Enhanced strategies and knowledge of games

TEAM SPORTS

Basketball
Soccer
Volleyball
Team Handball
Football
Softball
Floor Hockey

INDIVIDUAL/DUAL SPORTS

Badminton
Racquet Sports
Table Tennis
Frisbee Golf
Track and Field
Bowling
Tumbling

RECREATIONAL SPORTS

Ultimate Frisbee
Kickball/Variations
Softball Activities
Cage Ball Activities
Bocce Ball
Dance
Cooperative Activities
Structured Games
Team Building
Orienteering

LIFETIME CONDITIONING

Circuit Training Activities

Run / Walk / Jog

Jump Rope / Roping Activities

Aerobics

Bands

WRITING TEAM: Martha Asp, Darlene Beach, Kristopher Black, Holly Burt, Caryn Chew, Ronda Darling, Shannon Linkerhof, Jeff Manelick, Kay McKinney, Michele Johnson, Amy Morrison, Kimberly Nelson, Richard Nowacki, Steven Onuffer, Jeffrey Passaro, Michele Petrishen.

WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? _____ Yes X No
2. Does this course issue a mark/grade for the report card? _____ Yes X No
3. Does this course issue a Pass/Fail mark? X Yes _____ No
4. Is the course mark/grade part of the GPA calculation? _____ Yes X No
5. Is the course eligible for Honor Roll calculation? _____ Yes X No
6. What is the academic weight of the course?
 X No weight/Non credit _____ Standard weight
 _____ Enhanced weight (Describe)