

**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:** Eighth Grade

**Length of Course:**     One Semester                       Two Semesters                       Other (Describe)

**Units of Credit:** .5 (Insert *None* if appropriate)

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**  
CSPG 47

**Certification verified by WCSD Human Resources Department:**  Yes     No

**TEXTBOOK AND SUPPLEMENTAL MATERIALS**

**Continue using Board approved textbook?**  Yes     No (*If yes, then complete the information below.*)

**Board Approved Textbooks, Software, Supplemental Materials:**

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

**BOARD APPROVAL:**

**Date Written:** February 13, 2018

**Date Approved:** March 12, 2018

**Implementation Date:** 2018-2019

## **SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

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

### **COURSE OVERVIEW**

#### ***TEAM SPORTS***

#### ***DUAL AND INDIVIDUAL SPORTS***

#### ***RECREATIONAL SPORTS***

#### **10.3.9 Safety and Injury Prevention**

D. Analyze the role of individual responsibility for safety during organized group activities.

#### **10.4.9 Physical Activity**

A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.

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.

#### **10.5.9 Concepts, Principles and Strategies of Movement**

A. Describe and apply the components of skill-related fitness to movement performance.

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.

D. Identify and describe the principles of training using appropriate vocabulary.

F. Describe and apply game strategies to complex games and physical activities.

**For standards, essential questions, content, and skills see Curriculum Map** – [Click here to enter text.](#)

### **ASSESSMENT**

**Portfolio Assessment:** \_\_\_\_\_ Yes   x   No

**District-Wide Common Final Examination Required:** \_\_\_\_\_ Yes   x   No

**Course Challenge Assessment (Describe):** NA

**WCSD STUDENT DATA SYSTEM INFORMATION**

1. Is there a required final examination? \_\_\_\_\_ Yes  No  
*\*Warren County School District Policy 9741 and 9744 state, "All classes in grades 9-12 shall have a final exam."*
2. Does this course issue a mark/grade for the report card?  Yes \_\_\_\_\_ No
3. Does this course issue a Pass/Fail mark? \_\_\_\_\_ Yes  No
4. Is the course mark/grade part of the GPA calculation? \_\_\_\_\_ Yes  No
5. Is the course eligible for Honor Roll calculation?  Yes \_\_\_\_\_ No
6. What is the academic weight of the course?  
\_\_\_\_\_ No weight/Non credit       Standard weight      \_\_\_\_\_ Enhanced weight