

8th Grade	Physical	Education	Curriculum			
Physical Education Grade	Unit	Standards Taught (MDE)	Lesson Activity	Key Concepts/Vocabulary	Resources/Technology	Assessments
8	FITNESS	S1,2,3,4,5,6	Individual skill development, Heart rate lessons zones, Cooperative games, Weight lifting, Weight Room Concepts, Safety, Circuit training, Height & Weight, Body Mass Index (BMI), Major Muscle Locations, Flexibility, Cardiovascular Endurance, Warm-ups, Group work, Team Games, SMART Goals, FITT	Back Saver Sit and Reach, PACER, Spotting, Heart rate, Muscle Groups, Sets and Repetitions, Toning, Muscular Strength and Endurance, Cardiovascular Endurance, Aerobic, Anaerobic, Muscular Strength and Endurance, Line Warm Ups, Five in Five drills, P90X, Fitness Videos	Sound System, FitnessGram Components, Weights, Cardio equipment, Medicine balls, Laptop, Projector, Jump Ropes	FitnessGram

8	INVASION (Ultimate Frisbee, Speedball, Team Handball, Satryan, OmniKin, Four Corners, Capture the Flag, Basketball, Gaga ball, Hockey, Soccer)	S1,2,3,4,5,6	<p>Students will...M.IG.08.01 demonstrate off-the-ball tactical movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 4 vs. 4).</p> <p>M.IG.08.02 demonstrate on-the-ball tactical movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 4 vs. 4)</p>	<p>Forehand pass backhand, meet passes, short passes, teamwork, communication, jump shot, evaluate, center.</p> <p>Lead up games, Skill practice and drills, Individual, Partner, and Group Work, Games, Rules and Guidelines, Tournament Play</p>	<p>Satryan ball, Soccer ball, Team Handball, Frisbees, Multiple Goals and Nets, Basketball Hoops, Jerseys, Cones, Lined Fields, Gaga, Satryan Ball</p>	<p>Performance assessment on passing, catching, covering etc.</p>
---	--	--------------	--	--	--	---

			<p>Students will...</p> <p>M.NG.08.01 demonstrate selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g. small sided games.)</p> <p>M.NG.08.02 demonstrate tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., small-sided games, such as 2 vs. 2 to 6 vs. 6).</p>			
	NET/WALL (Pickleball, Tennis, Eclipse Ball (Jr.), Badminton, Speedminton)	S1,2,3,4,5,6		<p>Key Concepts: Serving, Forehand, Backhand, Rallying, Scoring.</p> <p>Vocabulary: Ace, Baseline, Butt, Deuce, Double Fault, Face, Fault, Head, Let, Lob, Love, Match, Overhead Smash, Rally, Set, Shaft, Volley.</p> <p>Lead up games, Skill practice and drills, Individual, Partner, and Group Work, Games, Rules and Guidelines, Tournament Play</p>	Pickleballs, tennis racquets, birdies, nets	<p>Teacher Observation</p> <p>Active Participation</p> <p>Skills Assessment</p>

	TARGET (Bocce ball, Corn hole, Frisbee golf)	S1,2,3,4,5,6	<p>Students will...</p> <p>M.TG.08.01 demonstrate use of strategies for tactical problems, such as accuracy in distance and direction (e.g., reducing number of shots/strokes, implement selection, set up routine/starting position) during 1 vs. 1 target games.</p> <p>M.TG.08.02 demonstrate use of selected strategies for tactical problems of accuracy in trajectory (e.g., shot execution/ placement modifying flight pattern, spin) during 1 vs. 1 target games.</p>	Leisure activities, sportsmanship, safety, rules	Bocce balls, corn holes sets, bean bags, golf targets, discs	Teacher Observation Active Participation Skills Assessment
8	STRIKING/FIELDING (Bunkerball, Softball)	S1,2,3,4,5,6	<p>Students will...</p> <p>M.SG.08.01 demonstrate infield and outfield tactical movements, including scoring and staying in (e.g., getting on base, moving the runner, advancing to next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., 8 vs. 8, 4 outfielders and 4 infielders focus on runner advancing to third).</p>	Eye contact, follow through, lead off, hand eye coordination.	Cones bats, balls, cones, gloves	Teacher Observation Active Participation Skills Assessment

8	NET/WALL (Tennis, pickleball,badminton, eclipse ball (Jr.))	S1, 2,3,5,6	<p>Students will...</p> <p>M.NG.08.01 demonstrate selected elements of tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games. (e.g. small sided games.)</p> <p>M.NG.08.02 demonstrate tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack, defending as a pair/team) during modified net/wall games (e.g., small-sided games, such as 2 vs. 2 to 6 vs. 6).</p>	Racquet grip, follow through, eye contact, overhand, underhand, fault, score keeping,	Racquets, Nets, Pickle Ball, Tennis Ball, Omnikin ball, Pump, Jerseys	Serving
---	---	-------------	--	---	---	---------

	Outdoor Pursuits	S1,2,3,5,6	<p>Students will...</p> <p>M.OP.08.01 demonstrate use of movement concepts in outdoor pursuits with self and equipment in dynamic settings.</p> <p>M.OP.08.02 demonstrate use of locomotor skills in outdoor pursuits with self and equipment in dynamic settings.</p> <p>M.OP.08.03 demonstrate use of non-locomotor skills in outdoor pursuits with self and equipment in dynamic settings.</p> <p>M.OP.08.04 demonstrate ability to safely manipulate or use equipment in selected outdoor pursuits in dynamic settings.</p> <p>M.OP.08.05 demonstrate ability to make minor repairs to equipment in selected outdoor pursuits in dynamic settings.</p>		Varies to activity	
8	RHYTHMIC ACTIVITIES (Yoga, Dance, Tumbling)	S 1,2,3,4,5,6	<p>Students will...</p> <p>M.RA.08.01 Demonstrates rhythmic movement patterns with pathways using different qualities of movement.</p>	Safety, spotters, balance, core, posture	Mats, safe area, music, sound system	Teacher Observation, Active Participation, Skills Assessment