

Grade 8 P.E. (Master)

	Essential Questions	Content	Skills
Fall	<p>What are the benefits to having rules and how do they affect your safety?</p>	<p>A. Organization Locks and locker assignments -Uniforms -Shoes -Rules -Safety -Notes -Grades</p>	<p>A. Apply good listening skills</p>
	<p>Why are there different sizes and weights of Frisbee?</p> <p>Are we really fit to survive? How does a high level of fitness improve quality of life?</p> <p>How does aerobic and endurance training create the ability to participate in life long activities?</p> <p>How is teamwork and communication implemented in football?</p> <p>What is the importance of spatial awareness on a soccer field?</p> <p>Why is safety important?</p>	<p>A. Frisbee -Throw -Catch -Game strategies -Rules -Offensive -Defensive</p> <p>B. Fitness -Weight training -Circuit training -Yoga -Pilates -Aerobic workout</p> <p>C. Aerobic and Endurance Training</p> <p>D. Football -Catch -Throw -Strategies -Rules -Game play</p> <p>E. Soccer -Positions -Rules -Strategies -Game play</p> <p>F. Safety</p>	<p>A. Demonstrate throw and catch A. Apply game rules and strategies</p> <p>B. Demonstrate -weight training -yoga -mat pilates -stability ball and thera-band techniques B. Discuss how to create individual plan</p> <p>C. Discuss run technique</p> <p>D. Demonstrate throw and catch D. Apply game rules and strategies</p> <p>E. Model -dribble -pass -goal prevention -position rotation E. Apply game rules and strategies</p> <p>F. Follow directions, rules, and safe play</p>

Essential Questions	Content	Skills
<p>Why is it necessary to have endurance in lacrosse?</p> <p>Are we really fit to survive? How does a high level of fitness improve quality of life?</p> <p>How does aerobic and endurance training create the ability to participate in life long activities?</p> <p>What lessons can students learn by observing football skills?</p> <p>What is the importance of spatial awareness on a soccer field?</p> <p>Why is safety important?</p>	<p>A. Lacrosse -Pass -Cradle -Scoop -Catch -Field position -Game play</p> <p>B. Fitness -Weight training -Circuit training -Yoga -Pilates -Aerobic workout</p> <p>C. Aerobic and Endurance Training</p> <p>D. Football -Catch -Throw -Rules -Strategies -Game play</p> <p>E. Soccer -Positions -Rules -Strategies -Game play</p> <p>F. Safety</p>	<p>A. Demonstrate -pass -cradle -scoop and catch A. Demonstrate the ability to line-up on the field in the correct positions A. Apply game rules and strategies</p> <p>B. Demonstrate -weight training -yoga -mat pilates -stability ball and thera-band techniques B. Discuss how to create an individual plan</p> <p>C. Discuss run techniques</p> <p>D. Demonstrate throw and catch D. Apply game rules and strategies</p> <p>E. Model -dribble -pass -goal prevention -position rotation E. Apply game rules and strategies</p> <p>F. Follow directions, rule, and safe play</p>
<p>What are the advantages of following safety guidelines? How does hand-eye coordination affect your ability to play floor hockey?</p> <p>Are we really fit to survive? How does a high level of fitness improve quality of life?</p> <p>How does aerobic and endurance training create the ability to participate in life long activities?</p> <p>How does understanding court positions impact</p>	<p>A. Floor Hockey -Stick handling -Stick passing -Strategy -Game play</p> <p>B. Fitness -Weight training -Circuit training -Yoga -Pilates -Aerobic workout</p>	<p>A. Demonstrate -pass -shoot -stick handling A. Apply game rules and strategies</p> <p>B. Demonstrate -weight training -yoga -mat pilates -stability ball and thera-band techniques B. Discuss how to create an individual plan</p>

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	game play? Why is safety important?	C. Aerobic and Endurance Training D. Volleyball -Bump -Set -Serve -Overhand hit -The tip -Court positions E. Safety	C. Discuss proper run technique D. Demonstrate - bump -set -serve -overhand hit -tip -court positions D. Apply game rules and strategies E. Follow directions, rules and safe play
	Why is defense important in basketball? Are we really fit to survive? How does a high level of fitness improve quality of life? How does aerobic and endurance training create the ability to participate in life long activities? How is game play inhibited by skill level? Why is safety important?	A. Basketball -Dribbling -Shooting -Defense -Rules -Strategy -Game play B. Fitness -Weight training -Circuit training -Yoga -Pilates -Aerobic workout C. Aerobic and Endurance Training D. Organized Games -Hand-eye coordination -Rules -Strategies -Team building -Game play E. Safety	A. Demonstrate -dribble -lay-up -jump shot -defense A. Apply game rules and strategies B. Demonstrate -weight training -yoga -mat pilates -stability ball and thera-band techniques B. Discuss how to create an individual plan C. Discuss proper running techniques D. Demonstrate organized games D. Apply game rules and strategies E. Follow directions, rules and safe play
Winter	Are we really fit to survive? How does a high level of fitness improve quality of life? How does aerobic and endurance training create	A. Fitness -Weight training -Circuit training -Yoga -Pilates	A. Demonstrate -weight training -yoga -mat pilates -stability ball and thera-band techniques

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<p>the ability to participate in life long activities?</p> <p>Why is safety important?</p>	<p>-Aerobic workout</p> <p>B. Aerobic and Endurance Training</p> <p>C. Safety</p>	<p>A. Discuss how to create an individual plan</p> <p>B. Discuss proper run techniques</p> <p>C. Demonstrate following directions, rules and safe play</p>
<p>How does the past influence the present? Why do we square dance?</p> <p>How does aerobic and endurance training create the ability to participate in life long activities?</p> <p>What is the importance in knowing the different counts and steps in line dance?</p> <p>How does understanding court positions impact game play?</p> <p>Why is defense important in basketball?</p> <p>Why is safety important?</p>	<p>A. Square Dance</p> <p>B. Aerobic and Endurance Training</p> <p>C. Line Dance</p> <p>D. Volleyball -Forearm pass -Set -Serve -Overhand hit -The tip -Court positions</p> <p>E. Basketball -Dribbling -Shooting -Defense -Rules -Strategy -Game play</p> <p>F. Safety</p>	<p>A. Demonstrate a variety of dance patterns</p> <p>A. Demonstrate keeping time with the music</p> <p>B. Demonstrate proper running techniques</p> <p>C. Demonstrate basic steps: -grapevine -kicks -turns -hops -cha-cha -jumps and skips</p> <p>D. Demonstrate -bump -set -serve -overhand hit -tip -court positions</p> <p>D. Apply games rules and strategies</p> <p>E. Demonstrate -dribble -lay-up -jump shot -defense</p> <p>E. Apply game rules and strategies</p> <p>F. Follow directions, rules and safe play</p>
<p>How does the past influence the present? Why do we square dance?</p> <p>How does aerobic and endurance training create the ability to participate in life long activities?</p>	<p>A. Square Dance</p> <p>B. Aerobic and Endurance Training</p> <p>C. Line Dance</p>	<p>A. Demonstrate a variety of dance patterns</p> <p>A. Demonstrate keeping time with music</p> <p>B. Demonstrate proper running techniques</p> <p>C. Demonstrate a variety of dance steps</p>

	Essential Questions	Content	Skills
	<p>What is the importance in knowing the different counts and steps in line dances?</p> <p>Why is safety important?</p>	<p>D. Safety</p>	<p>C. Demonstrate keeping time with the music</p> <p>D. Follow directions, rules, and safe play</p>
<p>Spring</p>	<p>How does understanding field positions impact game play?</p> <p>How does aerobic and endurance training create the ability to participate in life long activities?</p> <p>What is the importance of spatial awareness on a soccer field?</p> <p>How does music influence movement?</p> <p>Why is safety important?</p>	<p>A. Softball -Throwing -Catching -Positions -Strategies -Rules -Game play</p> <p>B. Aerobic and Endurance Training</p> <p>C. Soccer -Positions -Rules -Strategies -Game play</p> <p>D. Dance -Ballet -Jazz</p> <p>E. Safety</p>	<p>A. Demonstrate a variety of skills A. Apply game rules and strategies</p> <p>B. Discuss proper run techniques</p> <p>C. Model -dribble -pass and goal prevention -position rotation</p> <p>C. Apply game rules and strategies</p> <p>D. Demonstrate basic steps and routines</p> <p>E. Follow directions, rules, and safe play</p>
	<p>What are the soccer, football and basketball skills that are incorporated in speed-away and team handball?</p> <p>How does a high level of fitness improve quality of life?</p> <p>How does aerobic and endurance training create the ability to participation in life long activities?</p> <p>Why are there different sizes and weights of Frisbees?</p> <p>Why is safety important?</p>	<p>A. Speed-Away/Team Handball -Dribble -Goal keeping -Conversions -Throw and catch</p> <p>B. Fitness -Weight training -Circuit training -Aerobic workout</p> <p>C. Aerobic and Endurance Training</p> <p>D. Frisbee -Throw -Catch</p>	<p>A. Demonstrate a variety of skills</p> <p>B. Demonstrate proper weight training techniques B. Review individual training plan</p> <p>C. Demonstrate proper run technique</p> <p>D. Demonstrate a variety of skills D. Apply game rules and strategies</p> <p>E. Follow directions, rules, and safe play</p>

	Essential Questions	Content	Skills
		<ul style="list-style-type: none"> -Game strategies -Rules -Offense -Defense <p>E. Safety</p>	
	<p>How do the skills learned through out the year affect my performance in the tournament of champions?</p> <p>Why is safety important?</p>	<p>A. Tournament of Champions</p> <p>B. Safety</p>	<p>A. Demonstrate an variety of skills</p> <p>A. Demonstrate good sportsmanship</p> <p>B. Follow directions, rules, and safe play</p>