

St. Johns County School District
PE-Individual and Dual Sports-Grade 8
Curriculum Map-(2015-2016)

Course #:1508500	Course Name: Individual/Dual Sports-8	Semester:	Pacing:
Cognitive: <ul style="list-style-type: none"> PE.8.C.2 Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities. 			
Benchmarks		Learning Targets/Skills	Concepts/Content
PE.8.C.2 Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.		SWBAT: <ul style="list-style-type: none"> Perform and demonstrate the proper manipulative skills needed to play a sport. Demonstrate offensive and defensive strategies. Safety Procedures 	<ul style="list-style-type: none"> Skills needed to play each sport Safety procedures Offensive and defensive strategies Teamwork to play a sport. Communication HR and THRZ
PE.8.C.2.1 :	Identify basic rules for individual/dual sports. Remarks/Examples Some examples are setting up to start, violating rules and keeping accurate score.		
PE.8.C.2.3 :	Explain basic offensive and defensive strategies in individual/dual sports.		
PE.8.C.2.5 :	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.		
PE.8.C.2.6 :	Identify the critical elements for successful performance in a variety of sport skills or physical activities.		
PE.8.C.2.7 :	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.		
PE.8.C.2.8 :	Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities. Remarks/Examples Some examples are volleyball and tennis serve and surfing and skate boarding.		
Ongoing Benchmarks;			
HE.8.C.2 Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.			
HE.8.C.2.9 :	Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. Remarks/Examples Social conformity, desires, and impulses.		

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<u>LACC.68.RST.2 Craft and Structure</u>			
<u>LAFS.68.RST.2.4 :</u>	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.		
<u>ELD.K12.ELL.SI.1</u>	English language learners communicate for social and instructional purposes within the school setting.		
<u>MACC.8.SP.1 Investigate patterns of association in bivariate data.</u>			
<u>MAFS.8.SP.1.4 :</u>	Understand that patterns of association can also be seen in bivariate categorical data by displaying frequencies and relative frequencies in a two-way table. Construct and interpret a two-way table summarizing data on two categorical variables collected from the same subjects. Use relative frequencies calculated for rows or columns to describe possible association between the two variables.		
Activities		Assessments	
<ul style="list-style-type: none"> • Class/Group Discussions • Sport-Related Activities and Games • Cooperative Games 		<ul style="list-style-type: none"> • Teacher observations • Assignments and Projects • Tests/Quizzes/Exit Slips • Peer observations • Rating Scales 	
Resources			
PEcentral.org, SPARK, Presidential Fitness Challenge ,Fitness Gram, Nike Training Club, iPod/iPad Apps, Videos, DVDs, Search engines			

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Course #:1508500		Course Name: M/J Individual/Dual Sports- Grade 8		Semester:	Pacing:
Lifetime; <ul style="list-style-type: none"> • PE.8.L.3 Participate regularly in physical activity. • PE.8.L.4 Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness. 					
Benchmarks				Learning Targets/Skills	Concepts/Content
PE.8.L.3 Participate regularly in physical activity.				SWBAT... <ul style="list-style-type: none"> • Participate in daily activities in Physical Education class which promotes health-related fitness and stress management • Completion of assignments • Completing Activity Logs involving the FITT and SPO principles • Participating in Pre and Post testing for the Presidential Fitness Challenge • Completing Activity/Food Logs 	<ul style="list-style-type: none"> • MVPA • Health-Related Fitness Concepts • FITT and SPO principles • Planning and setting personal fitness goals • Adequate vs. Inadequate levels of fitness • Stress management • THR and THRS
PE.8.L.3.1 :	Participate in moderate physical activity on a daily basis.				
PE.8.L.3.2 :	Participate in vigorous physical activity on a daily basis.				
PE.8.L.3.3 :	Participate in a variety of individual/dual and alternative/extreme sport activities that promote health-related components of fitness. Remarks/Examples The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.				
PE.8.L.3.4 :	Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports.				
PE.8.L.3.5 :	Identify the community opportunities for participation in individual/dual and alternative/extreme sports.				
PE.8.L.3.6 :	Identify a variety of individual/dual and alternative/extreme sport activities that promote stress management.				
PE.8.L.4 Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.					
PE.8.L.4.3 :	Use available technology to assess, design and evaluate a personal physical fitness program. Belongs to: Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of physical fitness.				
Activities			Assessments		
<ul style="list-style-type: none"> • Class/Group Discussions • Cooperative Games • Sport-Related Activities and Games 			<ul style="list-style-type: none"> • Teacher observations, Peer observations, Assignments, Projects, Tests, Quizzes, Exit Slips, Rating Scales 		
PEcentral.org, SPARK, Presidential Fitness Challenge ,Fitness Gram, Nike Training Club, IPod/IPad Apps, Videos, DVDs, Search engines					

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Course #: 150500		Course Name: Individual/Dual Sports – Grade 8		Semester:	Pacing:	
Big Idea #		Movement Competency: <ul style="list-style-type: none"> PE.8.M.1 Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (Individual/Dual Sports, Alternative/Extreme Sports). 				
Essential Questions						
Benchmarks		Learning Targets/Skills	Concepts/Content			
PE.8.M.1 Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (Individual/Dual Sports, Alternative/Extreme Sports).		SWBAT... <ul style="list-style-type: none"> Participate in the individual/dual activities Perform and demonstrate the proper manipulative skills needed to play a sport. Demonstrate offensive and defensive strategies. Take their pulse and calculate your heart rate. Use a heart rate monitor. Use a pedometer. 	<ul style="list-style-type: none"> Skills needed to play each sport Safety procedures Relationship of offensive vs. defensive strategies Warming up and cooling down THR and THRZ Teamwork and communication 			
PE.8.M.1.1 :	Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.					
PE.8.M.1.2 :	Demonstrate critical elements when striking with an object or implement.					
PE.8.M.1.3 :	Demonstrate body management for successful participation in a variety of modified games and activities. Remarks/Examples Some examples of body management would be balance and agility.					
PE.8.M.1.4 :	Apply principles of biomechanics necessary for safe and successful performance.					
PE.8.M.1.5 :	Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.					
PE.8.M.1.6 :	Demonstrate offensive, defensive, and transition strategies and tactics.					
PE.8.M.1.7 :	Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.					
PE.8.M.1.8 :	Apply technology to evaluate, monitor, and improve individual motor skills. Remarks/Examples An example is exer-gaming.					
PE.8.M.1.9 :	Select and utilize appropriate safety equipment.					

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<p>Activities</p> <ul style="list-style-type: none"> • Class/Group Discussions • Cooperative Games • Sport-Related Activities and Games 	<p>Assessments</p> <ul style="list-style-type: none"> • Teacher observations • Assignments • Projects • Tests/Quizzes/Exit Slips • Peer observations • Rating Scales
<p>Resources</p> <p>PEcentral.org, SPARK, Presidential Fitness Challenge ,Fitness Gram, Nike Training Club, iPod/iPad Apps, Videos, DVDs, Search engines</p>	

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Big Idea #		Responsible Behaviors and Values:			
		<ul style="list-style-type: none"> • PE.8.R.5 Exhibit responsible personal and social behavior that respects self and others in physical-activity settings. • PE.8.R.6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. 			
Benchmarks			Learning Targets/Skills	Concepts/Content	
PE.8.R.5 Exhibit responsible personal and social behavior that respects self and others in physical-activity settings.			SWBAT.. (both in and out of the school setting) <ul style="list-style-type: none"> • Work cooperatively together • Follow the safety rules of the class and activity • Demonstrate responsible behavior during play • Demonstrate proper use and care of P.E. equipment • Demonstrate proper sportsmanship and teamwork 	<ul style="list-style-type: none"> • Cultural Diversity • Positive and Negative Peer Pressure • Bullying • Sportsmanship • Teamwork • Safety Procedures • Respect for yourself and others • Respect for equipment 	
PE.8.R.5.1 :	List ways to act independently of peer pressure during physical activities.				
PE.8.R.5.2 :	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.				
PE.8.R.5.3 :	Demonstrate sportsmanship during game situations. Remarks/Examples Some examples are controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat.				
PE.8.R.5.4 :	Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. Remarks/Examples Some examples are respecting teammates, opponents and officials and accepting both victory and defeat.				
PE.8.R.5.5 :	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.				
PE.8.R.6 Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.					
PE.8.R.6.1 :	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.				
PE.8.R.6.2 :	Describe the potential benefits of participation in a variety of physical activities. Remarks/Examples Some examples of potential benefits are physical, mental, emotional and social.				
PE.8.R.6.3 :	Compare and contrast games, sports and/or physical activities from other cultures.				
Activities			Assessments		
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Resources: PEcentral.org, SPARK, Presidential Fitness Challenge, Fitness Gram, Nike Training Club, IPod/IPad Apps, Videos, DVDs, Search engines					