

	<b><u>CURRICULUM</u></b> <i>End Product of Learning, "What" You Teach</i>			<b><u>INSTRUCTION</u></b> <i>Means to the End Product, "How" You Teach</i>	<b><u>ASSESSMENT</u></b> <i>Validation to Revise Curriculum &amp; Instruction</i>
TIME FRAME [By Date/Week/ Month]	STANDARD OR BENCHMARK	CONTENT: What we want students to "KNOW".	SKILL: What we want students to "DO".	Varied Teaching/Learning Strategies Resources/Comments	Varied Classroom Assessment Strategies
1 <sup>st</sup> Quarter  (August-October)	<p>19A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.</p> <p>19B. Analyze various movement concepts and applications.</p> <p>19C. Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p>20A. Know and apply the principles and components of health-related fitness.</p> <p>20B. Assess individual fitness levels.</p> <p>20C. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p> <p>21A. Demonstrate individual responsibility during group physical activities.</p> <p>21B. Demonstrate cooperative skills during</p>	<p><b>Intro &amp; Organization</b> Rules Safety Uniforms Procedures Locks/Locker Rooms Squads</p> <p><b>Flag Football</b> Safety Rules Passing Receiving Pass Patterns Offense Defense Scoring</p> <p><b>Fitness</b> Cardiovascular endurance Strength Flexibility</p>	<p><b>Apply</b> good listening skills</p> <p><b>Identify and apply</b> all safety rules</p> <p><b>Identify and apply</b> all safety rules for football</p> <p><b>Demonstrate</b> how to: Grip Throw Catch Center/Hike football</p> <p><b>Develop</b> routes and pass patterns</p> <p><b>Play</b> adequate offense and defense</p> <p><b>Identify</b> fitness strengths and weaknesses</p> <p><b>Develop</b> fitness plan for improvement</p>	<p>Teacher directed instruction</p> <p>Demonstration</p> <p>Modeling</p> <p>Explanation</p> <p>Diagram/ Visual Cues</p>	<p>PBA- Skill Rubric</p> <p>Teacher observation</p> <p>Written test</p> <p>Fitness Test</p> <p>Active participation</p> <p>Assessment during game-play</p>

Course/Subject: Physical Education- 1 <sup>st</sup> Quarter		CURRICULUM MAP			Grade: 8 <sup>th</sup> Grade
	structured group physical activity.				
2 <sup>nd</sup> Quarter (October-January)	<p><b>19A.</b> Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.</p> <p><b>19B.</b> Analyze various movement concepts and applications.</p> <p><b>19C.</b> Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>20A.</b> Know and apply the principles and components of health-related fitness.</p> <p><b>20B.</b> Assess individual fitness levels.</p> <p><b>20C.</b> Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p> <p><b>21A.</b> Demonstrate individual responsibility during group physical activities.</p> <p><b>21B.</b> Demonstrate cooperative skills during structured group</p>	<p><b>Components of Fitness</b> Strength Flexibility Endurance FIT</p> <p><b>Individual Jump Rope</b> Safety Procedures Benefits Turning Jumping Coordination Rhythm Timing</p> <p><b>Long Jump Rope</b> Safety Benefits Procedures Turning Jumping Coordination Rhythm Timing Teamwork Cooperation</p> <p><b>Bowling</b> Safety Stance Form Footwork</p> <p><b>Basketball</b> Safety Dribbling Shooting Passing Rebounding</p>	<p><b>Identify &amp; Apply</b> all Safety Rules</p> <p><b>Demonstrate &amp; Perform</b> Push up Sit up Sit &amp; Reach Shuttle Run Endurance run Pacer run</p> <p><b>Demonstrate</b> Turning Jumping</p> <p><b>Demonstrate</b> Turning Jumping Teamwork Problem Solving Cooperation Decision Making</p> <p><b>Demonstrate</b> Stance Form Footwork</p> <p><b>Demonstrate</b> Ball Handling Passing Shooting Dribbling Rebounding Offense Defense</p>	<p>Teacher Directed</p> <p>Demonstration</p> <p>Explanation</p>	<p>PBA-Skills Assessment</p> <p>Teacher Observation</p> <p>Written Tests</p> <p>Fitness Tests</p> <p>Worksheets</p> <p>Active Participation &amp; Assessment during gameplay</p>

Course/Subject: Physical Education- 1 <sup>st</sup> Quarter		CURRICULUM MAP		Grade: 8 <sup>th</sup> Grade	
	physical activity.	Offense Defense Rules Strategies Gameplay			
3 <sup>rd</sup> Quarter  (January- April)	<p><b>19A.</b> Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.</p> <p><b>19B.</b> Analyze various movement concepts and applications.</p> <p><b>19C.</b> Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>20A.</b> Know and apply the principles and components of health-related fitness.</p> <p><b>20B.</b> Assess individual fitness levels.</p> <p><b>20C.</b> Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p> <p><b>21A.</b> Demonstrate individual responsibility during group physical activities.</p> <p><b>21B.</b> Demonstrate cooperative skills during structured group</p>	<p><b>Components of Fitness</b>            Strength            Flexibility            Endurance            FIT</p> <p><b>Volleyball</b>            Safety            Benefits            Passing            Serving            Rotation            Rules            Offense            Defense            Strategies</p> <p><b>Teambuilding</b>            Safety            Cooperation            Communication            Problem Solving            Decision Making            Listening            Trust            Risk Taking</p> <p><b>Health</b>            Self-Esteem            Problem Solving            Decision Making            Drugs &amp; Alcohol            Steroids            STDs'            Aids</p>	<p><b>Identify &amp; Follow</b> all safety rules</p> <p><b>Demonstrate</b> a wide variety of Fitness exercises            Monitor Heart Rate during activity</p> <p><b>Demonstrate</b> how to:            Pass            Serve            Rotate            Play offense            Play defense            Follow rules of game</p> <p><b>Demonstrate</b> how to work together to accomplish a common goal</p> <p><b>Demonstrate &amp; Apply</b> knowledge &amp; Skills learned in Health to make good decisions in life</p>	Teacher Directed  Demonstration  Explanation	PBA-Skill Assessment  Teacher Observation  Written Tests Fitness Tests  Active Participation & Assessment during gameplay

Course/Subject: Physical Education- 1 <sup>st</sup> Quarter		CURRICULUM MAP			Grade: 8 <sup>th</sup> Grade
	physical activity.				
4 <sup>th</sup> Quarter (April-June)	<p><b>19A.</b> Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.</p> <p><b>19B.</b> Analyze various movement concepts and applications.</p> <p><b>19C.</b> Demonstrate knowledge of rules, safety and strategies during physical activity.</p> <p><b>20A.</b> Know and apply the principles and components of health-related fitness.</p> <p><b>20B.</b> Assess individual fitness levels.</p> <p><b>20C.</b> Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p> <p><b>21A.</b> Demonstrate individual responsibility during group physical activities.</p> <p><b>21B.</b> Demonstrate cooperative skills during structured group physical activity.</p>	<p><b>Components of Fitness</b> Safety Flexibility Endurance FIT</p> <p><b>Fitness Testing</b> Sit-ups Pull-ups Flexed arm hang Shuttle Run Pacer 1 Mile Walk/Run Sit &amp; Reach</p> <p><b>Dance</b> Coordination Rhythm Timing Footwork Routines</p> <p><b>Track &amp; Field</b> 50 yd dash 100 yd dash Relays Hurdles Long Jump</p> <p><b>Recreational Games</b> Frisbee Bocce Ball Croquet Lawn Darts 4 square</p>	<p><b>Identify &amp; Follow</b> all Safety rules</p> <p><b>Demonstrate and Perform</b> all skills listed under Fitness content</p> <p><b>Demonstrate</b> all skills &amp; steps necessary to successfully participate in a dance routine</p> <p><b>Demonstrate &amp; Apply</b> all skills/rules necessary to successfully participate in Track &amp; Field events</p> <p><b>Demonstrate &amp; Apply</b> all skills &amp; rules necessary to successfully participate in Recreational games</p>	<p>Teacher Directed</p> <p>Demonstration</p> <p>Explanation</p>	<p>PBA-Skill Assessment</p> <p>Written Tests</p> <p>Fitness Tests</p> <p>Teacher Observation</p> <p>Active participation and assessment during gameplay</p>