



**SPRING GROVE AREA SCHOOL DISTRICT**



**PLANNED COURSE OVERVIEW**

<b>Course Title:</b> Wellness/Fitness – Physical Education <b>Grade Level(s):</b> 8 <b>Units of Credit:</b> N/A <b>Classification:</b> Required	<b>Length of Course:</b> 70 single periods <b>Periods Per Cycle:</b> N/A <b>Length of Period:</b> 47 minutes <b>Total Instructional Time:</b> 55 hours
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***Course Description***

The Wellness education program seeks to encourage students to take an active role in maintaining and improving their physical, social, emotional, and intellectual health. Students are encouraged to acquire the knowledge and skills necessary to pursue a healthy lifestyle through physical fitness. Students are expected to become knowledgeable of game rules, scores, strategies, and safety practices. The major area of focus includes developing psychomotor, cognitive, and affective learning experiences through basic movement skills, fitness, team sports, and lifetime activities. An essential part of all physical education is monitoring cardiovascular fitness. In this course, students will use Heart Rate technology to monitor and assess student performance.

***Instructional Strategies, Learning Practices, Activities, and Experiences***

Question and Answer Lecture Google Classroom	Discussion Demonstration Information Packets For Injured Students	Group and Individual Feedback Retraining Fitness Technology
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***Assessments***

Demonstration Journals	Weight Training Log Written Work For Injured Students	Quizzes
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***Materials/Resources***

Fitness Gram Rubrics	Weight Training Logs	Various Written Quizzes
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**Adopted:** 8/17/94

**Revised:** 8/16/00; 8/21/06; 6/20/11; 5/16/16

**Departmental Review:** 10/2017

Team Activities	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Students analyze and engage in team challenge activities that support the development of cooperative skills for the success of a group.</p> <p><u>Related Vocabulary</u>                      offense                      defense                      zone defense                      man-to-man defense                      sideline                      end line                      boundaries                      game strategy</p> <p>Soccer/Rocketball</p> <p><u>Related Vocabulary</u>                      throw-in                      obstruction                      goal kick                      dribbling                      corner kick</p> <p>Football/Rocketball</p> <p><u>Related Vocabulary</u>                      throwing                      catching                      kicking                      touchdown                      offsides                      penalty</p>	<p>10.3.9.A - Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p>

Team Activities (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Field Hockey</p> <p><u>Related Vocabulary</u>  clearing  cross  dribble  drive  marking</p> <p>Castle Ball</p> <p>Floor Hockey</p> <p><u>Related Vocabulary</u>  dribble  pass  face-off  clearing  shot on goal</p> <p>Basketball</p> <p><u>Related Vocabulary</u>  dribble  double dribble  traveling  foul  lay-up  jump shot  foul shot  bounce pass  chest pass</p>	

Team Activities (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Volleyball / Wallyball</p> <p><u>Related Vocabulary</u>                      forearm pass                      overhead pass                      hit                      serve                      block                      rotation</p> <p>Handball / Trash Can Ball</p> <p><u>Related Vocabulary</u>                      passing                      shooting                      goal keeping                      throw-off                      free throw                      throw-in</p> <p>Capture the Flag</p> <p>Softball</p> <p><u>Related Vocabulary</u>                      throwing                      catching                      hitting                      base running                      positions</p>	

Lifetime Activities	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Students demonstrate individual development in basic cognitive and psychomotor skills, motor fitness and physical fitness, and skill in lifetime sports and outdoor activities to promote lifelong physical activity.</p> <p>Weight Training</p> <p><u>Related Vocabulary</u>                      set                      repetitions                      free weights                      nautilus equipment                      cardio equipment                      pounds                      bicep                      triceps                      deltoid                      quadriceps                      hamstrings                      pectorals                      abdominals                      gluteus maximus                      gastrocnemius                      erector spinae                      latissimus dorsi</p>	<p>10.1.9.A - Analyze factors that impact growth and development between adolescence and adulthood.</p> <p>10.1.9.E - Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.9.A - Identify and describe health care products and services that impact adolescent health practices.</p> <p>10.3.9.A - Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.</p> <p>10.3.9.D - Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.4.9.F - Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p>

Life Activities (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Frisbee</p> <p><u>Related Vocabulary</u>                      par                      bogey                      double bogey                      eagle                      stroke                      birdie                      tee shot                      golf etiquette                      offense                      defense</p> <p>Team Building</p> <p><u>Related Vocabulary</u>                      communication                      teamwork                      cooperation                      problem solving                      trust</p>	<p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.C - Identify and apply practice strategies for skill improvement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p> <p>10.5.9.E - Analyze and apply scientific and biomechanical principles to complex movements.</p> <p>10.5.9.F - Describe and apply game strategies to complex games and physical activities.</p>

Life Activities (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Fitness Zumba Step Aerobics Yoga Kickboxing Tabatas Aerobic Fitness Training Strength Training Dance High-Intensity Interval Training (HIIT) Pilates and Yoga (PiYo)  <u>Related Vocabulary</u> heart rate cardiovascular fitness target heart rate zumba step aerobics tabatas kick boxing	

Life Activities (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Badminton</p> <p><u>Related Vocabulary</u>                      shuttle cock                      serve                      smash                      drop                      lob                      forehand                      backhand                      overhead                      underhand</p> <p>Pickle Ball</p> <p><u>Related Vocabulary</u>                      rally                      volley                      serve                      cross court                      dink</p>	

Individual Activities	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Fitness Testing</p> <ul style="list-style-type: none"> <li>• Pacer</li> <li>• Mile Run</li> <li>• Push-ups</li> <li>• Curl-ups</li> <li>• Pull-ups</li> <li>• Sit and Reach</li> <li>• Shoulder Stretch</li> <li>• Trunk Flexion</li> </ul> <p><u>Related Vocabulary</u>                      body mass index (BMI)                      flexibility                      muscular strength                      muscular endurance</p>	<p>10.4.9.A - Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>10.4.9.B - Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.</p> <p>10.4.9.C - Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.</p> <p>10.4.9.D - Analyze factors that affect physical activity preferences of adolescents.</p> <p>10.4.9.E - Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9.A - Describe and apply the components of skill-related fitness to movement performance.</p> <p>10.5.9.B - Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>10.5.9.D - Identify and describe the principles of training using appropriate vocabulary.</p>