

## Physical Education 8<sup>th</sup> Grade Pacing Guide

**August 2015**

1 <sup>st</sup> Nine Weeks	2 <sup>nd</sup> Nine Weeks	3 <sup>rd</sup> Nine Weeks	4 <sup>th</sup> Nine Weeks
<p><b>Health Inspections (September) - State Required</b></p> <p><b>Fitness Tests – (Sept)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.4a,b,c</b></li> <li>• Community Activity Participation: <b>8.6a,b.</b></li> <li>• Assessment: <b>8.4a,b,c,</b></li> </ul> <p><b>Orienteering – (Sept-Oct)</b></p> <ul style="list-style-type: none"> <li>• Basic Skills/Safety in Recreational Activity: <b>8.2b.</b></li> </ul>	<p><b>Wrestling - (Nov)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a, 8.3a</b></li> <li>• Conflicts and Decision-making/Safety Rules: <b>8.5a,b.</b></li> <li>• Biomechanical Principles: <b>8.3b,d</b></li> <li>• Offense/Defense Strategies: <b>8.3c</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>	<p><b>Bowling – (Jan-Feb)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a.</b></li> <li>• Conflicts and Decision-making/Safety Rules: <b>8.5a,b.</b></li> <li>• Community Activity Participation: <b>8.6a.</b></li> <li>• Assessment: <b>8.6b.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Fitness Tests – (April)</b> Locomotor/Manipulative Skills: <b>8.4a,b,c.</b></li> <li>• Community Activity Participation: <b>8.6a,b.</b></li> <li>• Assessment: <b>8.4a,b,c,</b></li> </ul>

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<p><b>Football – (Sept-Oct)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a,</b></li> <li>• Biomechanical Principles: <b>8.3c,d,</b></li> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> <li>• Offense/Defense Strategies: <b>8.3c</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>	<p><b>Basketball – (Nov-Dec)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a,</b></li> <li>• Biomechanical Principles: <b>8.3a,b,c,d,</b></li> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> <li>• Offense/Defense Strategies: <b>8.3c</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>	<p><b>Indoor Team Games (Mat Ball, Pin Dodge Ball, BBK, Whiffle Ball, Doodle Bug, Team Hand Ball, Queen’s Court) – (Jan-Feb)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.1, 8.2a,</b></li> <li>• Biomechanical Principles: <b>8.3a,b,c,d</b></li> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> <li>• Offense/Defense Strategies: <b>8.3c</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>	<p><b>Outdoor Track and Field - (April)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a</b></li> <li>• Biomechanical Principles: <b>8.3a,b,c,d</b></li> <li>• Community Activity Participation: <b>8.6a,b.</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>

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<p><b>Soccer – (Oct)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a,</b></li> <li>• Biomechanical Principles: <b>8.3c,d, 8.3c,d,</b></li> <li>• Movement Principals/ Basic Principals of Training: <b>8.3a,b,c,d,</b></li> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>	<p><b>Weight Training – (Nov-Dec)</b></p> <ul style="list-style-type: none"> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> </ul> <p><b>Volleyball – (Dec-Jan),</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a,</b></li> <li>• Biomechanical Principles: <b>8.3c,d, 8.3c,d,</b></li> <li>• Movement Principals/ Basic Principals of Training: <b>8.3b,</b></li> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>	<p><b>Indoor Track and Field – (Feb-March)</b></p> <ul style="list-style-type: none"> <li>• Locomotor/Manipulative Skills: <b>8.2a</b></li> <li>• Biomechanical Principles: <b>8.3a,b,c,d</b></li> <li>• Community Activity Participation: <b>8.6a,b.</b></li> <li>• Assessment: <b>8.3d</b></li> </ul> <p><b>Rhythm and Dance – (March-Apr)</b></p> <ul style="list-style-type: none"> <li>• Movement Principles/ Biomechanical Principles: <b>8.2c.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Outdoor Team Games (Kick Ball, Mat Ball) – (Apr-May)</b></li> <li>• Locomotor/Manipulative Skills: <b>8.1, 8.2a,</b></li> <li>• Biomechanical Principles: <b>8.3a,b,c,d</b></li> <li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li> <li>• Offense/Defense Strategies: <b>8.3c</b></li> <li>• Assessment: <b>8.3d</b></li> </ul>

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			<p><b>Softball – (May-June)</b></p> <ul style="list-style-type: none"><li>• Locomotor/Manipulative Skills: <b>8.2a</b></li><li>• Biomechanical Principles: <b>8.3c,d</b></li><li>• Community Activity Participation: <b>8.5a,b,c, 8.6a,b.</b></li><li>• Offense/Defense Strategies: <b>8.3c</b></li><li>• Assessment: <b>8.3d</b></li></ul>