

Course Description:

Physical Education 8 (1 of 1) explores personal health and wellness benefits of physical fitness with a variety of activities, a fitness and nutrition log, and two projects. Project one creates a personal fitness plan and project two creates a synchronized swim routine. Topics include endurance and flexibility applied in activities such as running, hiking, stretching, and dancing, as well as improving fitness and well-being with heart-rate monitoring, nutrition tracking, and interval training. Sports skills are practiced in pickleball, tennis, soccer, hockey, football, baseball, basketball, and bowling.

Course Objectives:

- Personally assess current fitness levels.
- Use specific fitness concepts when participating in physical activities.
- Create, complete, and document a personal nutrition and fitness plan.
- Analyze and adjust a personal fitness plan based on personal goals and desires.
- Select physical activities that are personally enjoyable and motivating.
- Engage in physical activity safely, using proper equipment and attire.
- Use correct techniques and skills to perform activities effectively.
- Demonstrate physical skills and movement sequences to play complex sports and games.
- Use specialized movement skills and concepts such as those used in dance and gymnastics.
- Apply science and movement concepts to physical activities.
- Apply similar movements and skills across many different physical activities.
- Give and accept feedback to improve individual and team performance.
- Demonstrate positive social interaction with partners and groups during physical activities.
- Use offensive and defensive strategies in sports and games.

Required Materials:

Required:

- 9-12 tennis balls
- ballet barre or sturdy chair
- baseballs
- basketballs (2)
- baseball bat
- baseball glove
- bowling ball
- bowling shoes
- football
- hockey net or goal
- hockey puck or ball
- hockey sticks
- large plastic bin or bucket
- mat
- measuring tape
- painter's tape
- pen or pencil
- pickleball ball

- pickleball paddle
- plastic cone
- printables (see Course Syllabus for link)
- printer and printer paper (for printables)
- soccer ball
- soccer goal
- stop watch or timer
- tennis racket
- video recording device

Optional:

- 10-12 hula hoops
- 10-12 rubber floor dots
- bucket
- dumbbells
- elastic resistance band
- flotation device
- hand weights
- jump rope
- masking tape
- obstacles like cones
- weighted ball
- yoga mat

Course Overview:

This course is made up of 6 units. Each unit has five lessons. Lessons are made up of activities that include the following types of learning:

- **Instruction** activities provide modeling of new skills and concepts. These are not graded activities.
- **Workbook** activities allow for submission of exercise logs to show consistent physical activity. These are graded activities.
- **Checkpoints** test mastery of skills from lessons. These are graded activities. (remove if not used in course)
- **Unit Reviews** allow for practice of skills prior to taking unit exams. These are not graded activities.
- **Unit Exams** test mastery of skills from the unit. These are graded activities.
- **Projects** provide an opportunity for practice of more complex skills across several activities or lessons within a unit. These activities require a final graded submission.
- **Final Reviews** allow for practice of skills prior to taking the final exam. These are not graded activities.
- The **Final Exam** tests mastery of skills from the course. This is a graded activity.

Unit 1: Lifelong Fitness and Wellness

- Lesson 1: Fitness Components
 - Activity 1: Instruction: Five Components of Fitness
 - Activity 2: Instruction: Physical Activity and Health
 - Activity 3: Instruction: Fitness Resources
 - Activity 4: Instruction: Create an Exercise and Nutrition Log
 - Activity 5: Checkpoint: Fitness Components

- Lesson 2: Nutrition and Calorie Balance
 - Activity 1: Instruction: Flexibility
 - Activity 2: Instruction: Stretch the Upper Body
 - Activity 3: Instruction: Stretch the Lower Body
 - Activity 4: Instruction: Warm-Up
 - Activity 5: Instruction: Cooldown
 - Activity 6: Checkpoint: Nutrition and Calorie Balance
 - Activity 7: Workbook: Exercise and Nutrition Log Submission 1
- Lesson 3: Track and Measure Exercise Intensity
 - Activity 1: Instruction: Training Principles
 - Activity 2: Instruction: Assessment Methods
 - Activity 3: Instruction: Adjust the Plan
 - Activity 4: Checkpoint: Track and Measure Exercise Intensity
- Lesson 4: Make Time for Exercise
 - Activity 1: Instruction: Fitness, Nutrition, and the Body
 - Activity 2: Instruction: Nutrients
 - Activity 3: Instruction: Unbalanced Diet
 - Activity 4: Instruction: Spend Calories
 - Activity 5: Checkpoint: Make Time for Exercise
- Lesson 5: Exercise Routines
 - Activity 1: Instruction: Mindset Preparation
 - Activity 2: Instruction: Stress Management
 - Activity 3: Unit Exam: Lifelong Fitness and Wellness
 - Activity 4: Instruction: Exercise Adherence
 - Activity 5: Instruction: Follow Your Schedule
 - Activity 6: Checkpoint: Exercise Routines
 - Activity 7: Unit Review: Lifelong Fitness and Wellness

Unit 2: Cardiorespiratory and Muscle Health

- Lesson 6: Start with Running
 - Activity 1: Instruction: Cardiorespiratory Endurance
 - Activity 2: Instruction: Stretch, Warm-Up, and Cooldown
 - Activity 3: Instruction: Warm-Up: Sprint
 - Activity 4: Instruction: Sprint Techniques
 - Activity 5: Instruction: Cooldown: Sprint
 - Activity 6: Checkpoint: Start with Running
 - Activity 7: Project: Fitness Plan: Create a Fitness Program
- Lesson 7: Runner Success
 - Activity 1: Instruction: Run Safely in the Heat
 - Activity 2: Instruction: Warm-Up: Running
 - Activity 3: Instruction: Intervals and Tempo Run
 - Activity 4: Instruction: Cardio Running
 - Activity 5: Instruction: Cooldown: Running
 - Activity 6: Checkpoint: Runner Success
- Lesson 8: Get Strong
 - Activity 1: Instruction: Muscular Strength and Endurance
 - Activity 2: Instruction: Warm-Up: Strength Training

- Activity 3: Instruction: Full-Body Strength Training
- Activity 4: Instruction: Cooldown: Strength Training
- Activity 5: Checkpoint: Get Strong
- Activity 6: Project: Fitness Plan: Revise a Fitness Program
- Lesson 9: Build Endurance
 - Activity 1: Instruction: Focus on Endurance
 - Activity 2: Instruction: Warm-Up: Endurance Training
 - Activity 3: Instruction: Muscular Endurance
 - Activity 4: Instruction: Cooldown: Endurance Training
 - Activity 5: Checkpoint: Build Endurance
- Lesson 10: Overall Endurance
 - Activity 1: Instruction: Warm-Up: Cardio Endurance
 - Activity 2: Instruction: Go for a Hike
 - Activity 3: Instruction: Endurance Combo
 - Activity 4: Instruction: Cooldown: Cardio Endurance
 - Activity 5: Checkpoint: Overall Endurance
 - Activity 6: Workbook: Exercise and Nutrition Log Submission 2
 - Activity 7: Project: Fitness Plan: Fitness Program Evaluation
 - Activity 8: Project: Fitness Plan: Submit
 - Activity 9: Unit Review: Cardiorespiratory and Muscle Health
 - Activity 10: Unit Exam: Cardiorespiratory and Muscle Health

Unit 3: Dance and Aquatic Activities

- Lesson 11: Rhythms and Movement
 - Activity 1: Instruction: Proper Attire to Dance
 - Activity 2: Instruction: Dance Floor Etiquette
 - Activity 3: Instruction: Rhythm and Timing
 - Activity 4: Instruction: Elements of Movement
 - Activity 5: Instruction: Create Your Own Warm-Up and Cooldown
 - Activity 6: Checkpoint: Rhythms and Movement
- Lesson 12: Ballet and Barre
 - Activity 1: Instruction: Warm-Up: Yoga Sequence
 - Activity 2: Instruction: Learn Barre Movements
 - Activity 3: Instruction: Create a Barre Movement Routine
 - Activity 4: Instruction: Barre Fitness
 - Activity 5: Instruction: Cooldown: Dance
 - Activity 6: Checkpoint: Ballet and Barre
- Lesson 13: Rhythmic Dance
 - Activity 1: Instruction: Warm-Up: Yoga Sequence
 - Activity 2: Instruction: Learn Rhythmic Movement
 - Activity 3: Instruction: My Rhythmic Movement Sequence
 - Activity 4: Instruction: Practice Rhythmic Movement
 - Activity 5: Instruction: Cooldown: Dance
 - Activity 6: Checkpoint: Rhythmic Dance
- Lesson 14: Partner Dance
 - Activity 1: Instruction: Dance for Social Interaction
 - Activity 2: Instruction: Warm-Up: Yoga Sequence

- Activity 3: Instruction: Learn a Partner Dance
- Activity 4: Instruction: Create a Partner Dance
- Activity 5: Instruction: Provide Feedback
- Activity 6: Instruction: Cooldown: Dance
- Activity 7: Checkpoint: Partner Dance
- Lesson 15: Synchronized Swimming
 - Activity 1: Instruction: Water Safety
 - Activity 2: Instruction: Warm-Up: Synchronized Swimming
 - Activity 3: Instruction: Swim Strokes and Water Dance
 - Activity 4: Instruction: Create a Dryland Workout
 - Activity 5: Instruction: Cooldown: Synchronized Swimming
 - Activity 6: Checkpoint: Synchronized Swimming
 - Activity 7: Workbook: Exercise and Nutrition Log Submission 3
 - Activity 8: Unit Review: Dance and Aquatic Activities
 - Activity 9: Unit Exam: Dance and Aquatic Activities

Unit 4: Pickleball, Tennis, and Hockey

- Lesson 16: Play Pickleball
 - Activity 1: Instruction: Skill-Related Fitness Components
 - Activity 2: Instruction: Warm-Up: Pickleball
 - Activity 3: Instruction: Pickleball Forehand and Backhand
 - Activity 4: Instruction: Practice Serving in Pickleball
 - Activity 5: Instruction: Cooldown: Pickleball
 - Activity 6: Checkpoint: Play Pickleball
 - Activity 7: Project: Synchronized Swimming: Rules and Safety
- Lesson 17: Play Tennis
 - Activity 1: Instruction: Warm-Up: Tennis
 - Activity 2: Instruction: Connect Skills to Tennis
 - Activity 3: Instruction: Tennis Forehand and Backhand
 - Activity 4: Instruction: Cooldown: Tennis
 - Activity 5: Checkpoint: Play Tennis
 - Activity 6: Project: Synchronized Swimming: Movements
- Lesson 18: A Game of Tennis
 - Activity 1: Instruction: Warm-Up: Tennis
 - Activity 2: Instruction: Serves and Shots
 - Activity 3: Instruction: Two-Hand Volley
 - A4: Instruction: Cooldown: Tennis
 - Activity 5: Checkpoint: A Game of Tennis
 - Activity 6: Project: Synchronized Swimming: Perform a Routine
- Lesson 19: Hockey Skills
 - Activity 1: Instruction: Warm-Up: Hockey
 - Activity 2: Instruction: Hockey Moves
 - Activity 3: Instruction: Passing and Receiving
 - Activity 4: Instruction: Shoot on the Goal
 - Activity 5: Instruction: Cooldown: Hockey
 - Activity 6: Checkpoint: Hockey Skills
 - Activity 7: Project: Synchronized Swimming: Reflection

- Activity 8: Project: Synchronized Swimming: Submission
- Lesson 20: Play Hockey
 - Activity 1: Instruction: Warm-Up: Hockey
 - Activity 2: Instruction: Bring People Together
 - Activity 3: Instruction: Partner Passing and Receiving
 - Activity 4: Instruction: Hockey Game
 - Activity 5: Instruction: Cooldown: Hockey
 - Activity 6: Discussion Board: Bring People Together
 - Activity 7: Checkpoint: Play Hockey
 - Activity 8: Workbook: Exercise and Nutrition Log Submission 4
 - Activity 9: Unit Review: Pickleball, Tennis, and Hockey
 - Activity 10: Unit Exam: Pickleball, Tennis, and Hockey

Unit 5: Baseball, Basketball, and Bowling

- Lesson 21: Bowl Accurately
 - Activity 1: Instruction: Warm-Up: Bowling
 - Activity 2: Instruction: Hold and Swing a Bowling Ball
 - Activity 3: Instruction: Throw with Force and Speed
 - Activity 4: Instruction: Bowl for Accuracy and Distance
 - Activity 5: Instruction: Cooldown: Bowling
 - Activity 6: Checkpoint: Bowl Accurately
- Lesson 22: Catch a Baseball
 - Activity 1: Instruction: Warm-Up: Baseball
 - Activity 2: Instruction: Practice Catching a Baseball
 - Activity 3: Instruction: Cooldown: Baseball
 - Activity 4: Checkpoint: Catch a Baseball
- Lesson 23: Hit a Baseball
 - Activity 1: Instruction: Warm-Up: Baseball
 - Activity 2: Instruction: Strike for Accuracy and Distance
 - Activity 3: Instruction: Vary Your Swing
 - Activity 4: Instruction: Introductory Tactics
 - Activity 5: Instruction: Cooldown: Baseball
 - Activity 6: Checkpoint: Hit a Baseball
- Lesson 24: Basketball Offense
 - Activity 1: Instruction: Warm-Up: Basketball
 - Activity 2: Instruction: Pass and Receive the Basketball
 - Activity 3: Instruction: Dribble the Basketball
 - Activity 4: Instruction: Create Space on the Basketball Court
 - Activity 5: Instruction: Cooldown: Basketball
 - Activity 6: Checkpoint: Basketball Offense
- Lesson 25: Basketball Defense
 - Activity 1: Instruction: Warm-Up: Basketball
 - Activity 2: Instruction: Open Space on the Basketball Court
 - Activity 3: Instruction: Defensive Moves
 - Activity 4: Instruction: Cooldown: Basketball
 - Activity 5: Checkpoint: Basketball Defense
 - Activity 6: Workbook: Exercise and Nutrition Log Submission 5

- Activity 7: Unit Review: Baseball, Basketball, and Bowling
- Activity 8: Unit Exam: Baseball, Basketball, and Bowling

Unit 6: Football and Soccer

- Lesson 26: Soccer Skills
 - Activity 1: Instruction: Problem-Solve in Sports
 - Activity 2: Instruction: Warm-Up: Soccer
 - Activity 3: Instruction: Pass and Receive the Soccer Ball
 - Activity 4: Instruction: Shoot on the Goal
 - Activity 5: Instruction: Cooldown: Soccer
 - Activity 6: Checkpoint: Soccer Skills
- Lesson 27: Play Soccer
 - Activity 1: Instruction: Warm-Up: Soccer
 - Activity 2: Instruction: Open Space on the Soccer Field
 - Activity 3: Instruction: Offense to Defense
 - Activity 4: Instruction: Cooldown: Soccer
 - Activity 5: Checkpoint: Play Soccer
- Lesson 28: Football Skills
 - Activity 1: Instruction: Play Fairly
 - Activity 2: Instruction: Warm-Up: Football
 - Activity 3: Instruction: Throw a Football
 - Activity 4: Instruction: Catch a Football
 - Activity 5: Instruction: Give and Accept Feedback
 - Activity 6: Instruction: Cooldown: Football
 - Activity 7: Checkpoint: Football Skills
- Lesson 29: Football Defense and Offense
 - Activity 1: Instruction: Follow the Rules
 - Activity 2: Instruction: Warm-Up: Football
 - Activity 3: Instruction: Types of Passes
 - Activity 4: Instruction: Football Offense and Defense
 - Activity 5: Instruction: Cooldown: Football
 - Activity 6: Checkpoint: Football Defense and Offense
- Lesson 30: Play Football
 - Activity 1: Instruction: Warm-Up: Football
 - Activity 2: Instruction: Combine Skills
 - Activity 3: Instruction: Achieve the Goal
 - Activity 4: Instruction: Cooldown: Football
 - Activity 5: Checkpoint: Play Football
 - Activity 6: Workbook: Exercise and Nutrition Log Submission 6
 - Activity 7: Final Exam Review
 - Activity 8: Final Exam