

WEST DEPTFORD SCHOOL DISTRICT

Content Area: Physical Education			
Course Title: 8th grade PE			Grade Level: 8
Quarter 1			9 weeks
Activity 1: Run Program Activity 2: Fitness Testing Activity 3: Flag Football			
Quarter 2			9 weeks
NO PE (HEALTH ONLY)			
Quarter 3			9 weeks
Activity 1: Pillow-polo hockey Activity 2: Volleyball Activity 3: Fitness Circuits			
Quarter 4			
Activity 1: Fitness Testing Activity 2: Kickball			9 weeks
<i>Date Created: August 2022</i> <i>Revised: August 2023</i>		<i>Board Approved on: August 2022</i> <i>Revised Board Approved: August 2023</i>	

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8th Grade PE Pacing Guide

Quarter Number	Title	DATES	Number of Days
1	Run Program	September/October	+20
	Fitness Testing	September/October	+20
	Flag Football	October/November	+20
2	NO PE (Health only)	November-January	+45
3	Pillow-polo hockey	January-March	+20
	Volleyball	January-March	+20
	Fitness Circuits	January-March	+20
4	Fitness Testing	April/May	+20
	Kickball	May/June	+30

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8th Grade PE Pacing Guide

Quarter Number	Skill	Instructional Period	Number of Days
Q1	<p><i>Run program, Fitness Tests, Flag Football</i></p> <ul style="list-style-type: none"> -Combine and use movement and handling skills -Refine individual and group activity skills -Improve skill performance Apply offensive and defensive -Follow rules and safety procedures -Analyze, and correct movements and apply to refine movement skills. -Manage emotions during physical activity and demonstrate sportsmanship -Use measurement assessment data to set personal fitness goals -Apply basic training principles 	9/12-11/18	+-45
Q2	NO PE	11/2023-1/2024	
Q3	<p><i>Pillow-polo, Volleyball, Fitness Circuits</i></p> <ul style="list-style-type: none"> -Combine and use movement and handling skills -Refine individual and group activity 	1/2024-3/2024	+-45

	<p>skills</p> <ul style="list-style-type: none"> -Improve skill performance Apply offensive and defensive -Follow rules and safety procedures -Analyze, and correct movements and apply to refine movement skills. -Manage emotions during physical activity and demonstrate sportsmanship 		
Q4	<p><i>Kickball and Fitness Tests</i></p> <p>Combine and use movement and handling skills</p> <ul style="list-style-type: none"> -Refine individual and group activity skills -Improve skill performance Apply offensive and defensive -Follow rules and safety procedures -Analyze, and correct movements and apply to refine movement skills. -Manage emotions during physical activity and demonstrate sportsmanship <p>-Use measurement assessment data to set personal fitness goals</p> <ul style="list-style-type: none"> -Apply basic training principles 	4/2024-6/2024	+45

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PE Lesson Plan Format

{45 Minutes of Instruction}

OPENING

5 minutes

- Warm-ups (independent)

SETTING THE STAGE

5 minutes

Objectives- Purpose of lesson and expectations

Equipment needed- What do we need to be successful

TEACHER LED INSTRUCTION

10 minutes

Activity- What is the activity

Learning plan- Teacher led explanation/demonstration, safety concerns

STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

Performance task- Independent student led activity

Assessment- Teacher observation