

Eighth Grade Physical Education
Transition to Individualized, Team and Cooperative Activities
<http://www.sad44.org/curriculum/health/health.pdf>

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Unit (Maybe on-going)	Fitness Team Sports Dance			
Strands	Physical Fitness (A) Motor Skills (B) Personal and Social Interaction (C) http://www.state.me.us/education/lres/hpe.htm			
Activities	Fitness Stations Personal Goals Sheets Physical Activity logs Group discussion Peer evaluation Student refereeing		Skill practice Field hockey Flag Football Floor hockey Softball Basketball Softball Soccer Dance	
Assessments			Strategies B-5 http://mainelad.org	
Vocabulary	Body composition Cardiovascular endurance Flexibility Muscular endurance Muscular strength Specificity Progression Frequency Intensity Time Type Overload		Agility Balance Coordination Power Reaction Time Speed Offensive and defensive strategies reposition Transition Consistency	
Resources	http://www.ceismc.gatech.edu/busyt/eng.shtml This site allows you to search by grade spans and a list of lessons will come up. http://www.pecentral.org/lessonideas/health/healthlp.asp Gives you lots of different options into how you want to search.			