



Course Title: Physical Education 8

Content Area: Physical Education

Grade Level: 8

Scope and Sequence

Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Rugby	10.5.6. A 10.4.6. E 10.4.6. A 10.5.6. B 10.5.6. F 10.5.6. C	2 days	<ul style="list-style-type: none">Skills: Throwing, Catching, Tackling (Flags on belts)Rules of PlayModified Game	Teacher observation Practice Skills	Guided Practices Teacher Demonstration	Rugby Ball Cones Flags Whistle
Lacrosse	10.5.6. A 10.4.6. E 10.4.6. A 10.5.6. B 10.5.6. F 10.5.6. C	2 days	<ul style="list-style-type: none">Parts of a Lacrosse StickSkills: Cradling, throwing, catching, scooping, shootingRules of PlayModified Game	Teacher observation Practice Skills	Guided Practices Teacher Demonstration	Lacrosse Balls Lacrosse Goals Lacrosse Sticks Cones Whistle
Team Handball	10.5.6. A 10.4.6.E 10.4.6. A	2 days	<ul style="list-style-type: none">Skills: Passing, Catching, ShootingRules of PlayModified Game	Teacher observation, open ended questions, practice skills	Guided practice Teacher Demonstration	Indoor Soccer Balls Goals Pinnies Whistle
Reproductive System	10.1.6. B 10.1.9. B	2 days	<ul style="list-style-type: none">Male Reproductive SystemFemale Reproductive System	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org BrainPOP



Course Title: Physical Education 8

Content Area: Physical Education

Grade Level: 8

Sexually Transmitted Diseases	10.1.6. E 10.2.6. D 10.1.9. A 10.1.9. C 10.2.6. A 10.1.9. E	2 days	<ul style="list-style-type: none">• Types of STDs<ul style="list-style-type: none">○ Chlamydia○ Gonorrhea○ Genital Warts○ Genital Herpes○ Syphilis	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Kids Health.org BrainPOP
The Beginning of Life	10.1.3. A	2 days	<ul style="list-style-type: none">• Fertilization• Growth before birth• Birth Process	Teacher created assessments – questions, projects, discussions.	Students are allowed more than one attempt/time if needed.	Dr. D's Birds and Bees BrainPOP
Follow the Rules	10.3.3. B 10.3.9. B 10.3.6. B 10.3.6. A	Through the Entire Course of Study	-Rules while in the swimming pool area	-Student Demonstration of Skills	Students will need to follow the rules at all time	American Red Cross- Longfellow's Whale Tales- Water Safety Packet Poster
Reach and Throw Don't Go	10.3.3. B 10.3.9. B 10.3.6. A	15 minutes	-Teaching different types of life saving techniques that could save either themselves or someone else	-Student demonstration of skills	Students can practice the skills more than once	Poster Rescue tubes Any type of flotation device
Personal Flotation Device (PFD)	10.3.3. B 10.3.9. B 10.3.6. B 10.3.6. A	20 Minutes	-How to use PFDs, what is a proper fitting PFD, Swimming with a PFD on	- Student demonstration of skills	Students may stay close to the edge of the pool if they don't feel comfortable floating in the middle of the pool	Poster PFDs



Course Title: Physical Education 8

Content Area: Physical Education

Grade Level: 8

Body Position	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	<p>A. Major concern in this stroke - poor body position or kick leads to big trouble in the stroke.</p> <p>b. Keys to look for:</p> <ol style="list-style-type: none">1. ears in the water2. hips at the surface of the water3. big toe breaks the surface of the water on the up kick4. "Anchor" is up, and your bottom is another name for your anchor.<ol style="list-style-type: none">a. When your anchor is down you go nowhere in this stroke.b. This is the biggest problem in the backstroke body position.5. streamlining is long and narrow as possible.6. everything between the shoulders and the hips. <p>B. Three ways to get your anchor up:</p> <ol style="list-style-type: none">1. put your head further back in the water2. arch your back more	Teacher created assessments – Five-point skills test on the Body Position	Students are allowed more than one attempt/time if needed.	Student will practice the body position with and without the kick board and in the superman position.
------------------	--	-----	--	---	--	--



Course Title: Physical Education 8

Content Area: Physical Education

Grade Level: 8

			3. lift your belly button out of the water			
Catch	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	1. Done with a straight arm. 2. Skull hand down and out. 3. When finished fingers are pointed at the side wall.	Teacher created assessments – Five-point skills test on the catch.	Students are allowed more than one attempt/time if needed.	Student with practice the catch with and without the kick board and in the superman position.
Recovery	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	1. straight arm from the time the arm leaves the water until after it returns to the water. 2. thumb leads the way out of the water 3. at the tip of the recovery line from the tip of the little finger to the funny bone in the elbow is turned out so that the little finger leads the way into the water.	Teacher created assessments – Five-point skills test on the recovery		Student with practice the recovery with and without the kick board and in the superman position.



Course Title: Physical Education 8

Content Area: Physical Education

Grade Level: 8

Pull/Push	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	<ol style="list-style-type: none">1. S shaped pattern2. pull starts with a straight arm and gradually gets bent at the elbow till you get that power/bent arm position that uses all 5 muscle groups of the arm and shoulder.3. push phase goes all the way back to the arm straighten out at the side of the thigh.	Teacher created assessments – Five-point skills test on the pull/push.	Students are allowed more than one attempt/time if needed.	Student with practice the pull/push with and without the kick board and in the superman position.
Flutter Kick	10.4.6.A 10.4.6.B 10.4.6.C 10.5.6.A 10.5.6.B 10.5.6.C 10.5.6.E	TBD	<p>A. Not just the freestyle kick turned over. Kick kiss bigger and deeper.</p> <p>B. Depth:</p> <ol style="list-style-type: none">1. 18 -24 inches deep2. big toe always kicks up to break the surface of the water. <p>C. Leg Position</p> <ol style="list-style-type: none">1. knees straight but flexible2. power comes from the upper legs and is applied at the feet	Teacher created assessments – Five-point skills test on the flutter kick.	Students are allowed more than one attempt/time if needed.	Student with practice the flutter kick with the kick board and in the superman position.