

# Schiller Park District 81 Curriculum Map – 8<sup>th</sup> Grade

PE

Health

	Essentials Question	Content (Understandings)	Skills (Know and Able to do)	Assessment	Resources
August - September - November	<p><u>Flag Football</u></p> <ul style="list-style-type: none"> <li>How do you manipulate your body to properly throw a football?</li> <li>How do you position your hands to correctly catch a football?</li> <li>How do you use spacing, movement, and strategies to become a more efficient player?</li> </ul> <p><u>Pickle Ball</u></p> <ul style="list-style-type: none"> <li>How do you maneuver your body for a forehand, backhand, or serve?</li> <li>How do you use spacing, movement, and strategies to become a more efficient player?</li> </ul> <p><u>Lacrosse</u></p> <ul style="list-style-type: none"> <li>How can you run with the ball while maintaining possession?</li> <li>How do you position your body and hands when catching? When throwing?</li> <li>How do you use spacing, movement, and strategies to become a more efficient player?</li> </ul> <p><u>General Fitness</u></p> <ul style="list-style-type: none"> <li>What are the different categories of fitness?</li> <li>How can fitness improve your quality of life?</li> <li>How can you use your fitness scores improve your level of fitness?</li> <li>How do you use your fitness data to create reasonable goals?</li> </ul>	<p><u>Flag Football</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> <li>With proper body position they will be able to throw a football with more accuracy and power</li> <li>With proper hand position they will be able to be more successful when catching a football</li> <li>Proper spacing, movement, and strategies will help you become a more efficient player</li> </ul> <p><u>Pickle Ball</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> <li>Proper body position will allow them to forehand, backhand, or serve a pickle-ball</li> <li>Proper spacing, movement, and strategies will help you become a more efficient player</li> </ul> <p><u>Lacrosse</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> <li>Cradling the ball will allow them to move while maintaining possession of the ball.</li> <li>Proper body and hand position will allow them to throw and catch the ball with more control.</li> <li>Proper spacing, movement, and strategies will help you become a more efficient player.</li> </ul> <p><u>General Fitness</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> <li>Physical fitness is an important part of their lives.</li> <li>Their fitness scores will be assessed based on their age and gender.</li> <li>They will be assessed in different categories of fitness (cardiovascular endurance, muscle endurance, muscle strength, flexibility).</li> <li>Using effective goal setting will help increase fitness scores.</li> </ul>	<p><u>Flag Football</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> <li>How to properly throw a football</li> <li>How to properly position their hands to successfully catch a football</li> <li>How to use spacing, movement, and strategies to become a more efficient player</li> </ul> <p>Students will be able to...</p> <ul style="list-style-type: none"> <li>Correctly throw and catch a football.</li> <li>Demonstrate knowledge of rules and strategies during game play.</li> </ul> <p><u>Pickle Ball</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> <li>How to properly hit a forehand, backhand, and serve in pickle-ball</li> <li>How to use spacing, movement, and strategies to become a more efficient player</li> </ul> <p>Students will be able to...</p> <ul style="list-style-type: none"> <li>Correctly serve, and hit a forehand and backhand when playing pickle- ball.</li> <li>Demonstrate knowledge of rules and strategies during game play.</li> </ul> <p><u>Lacrosse</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> <li>How to cradle the ball.</li> <li>How to properly position their body and hands when throwing and catching the ball.</li> <li>How to use spacing, movement, and strategies to become a more efficient player.</li> </ul> <p>Students will be able to...</p> <ul style="list-style-type: none"> <li>Cradle the ball while moving.</li> <li>Correctly position their body and hands to successfully throw and catch the ball.</li> <li>Demonstrate knowledge of rules and strategies during game play.</li> </ul> <p><u>General Fitness</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> <li>How to properly perform each fitness test (mile run, pacer, push up, curl up, flexed arm hang, sit and reach).</li> <li>The four categories of fitness.</li> <li>How to use their fitness scores to improve their fitness level.</li> <li>How to set reasonable fitness goals based on previous fitness data.</li> </ul> <p>Students will be able to...</p> <ul style="list-style-type: none"> <li>Correctly perform each fitness test.</li> <li>Recognize which fitness categories they need to improve in.</li> <li>Set reasonable goals based on previous fitness data.</li> </ul>	<p><u>Flag Football</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> <li>Skills Testing (rubric)</li> <li>Rules/Strategies Quiz</li> </ul> <p>Other Evidence:</p> <ul style="list-style-type: none"> <li>Daily informal assessments of "Established Goals"</li> </ul> <p><u>Pickle Ball</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> <li>Skills Testing (rubric)</li> <li>Rules/Strategies Quiz</li> </ul> <p>Other Evidence:</p> <ul style="list-style-type: none"> <li>Daily informal assessments of "Established Goals"</li> </ul> <p><u>Lacrosse</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> <li>Skills Testing (rubric)</li> <li>Rules/Strategies Quiz</li> </ul> <p>Other Evidence:</p> <ul style="list-style-type: none"> <li>Daily informal assessments of "Established Goals"</li> </ul> <p><u>General Fitness</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> <li>Fitness Tests</li> <li>Fitness Goal Reflections</li> </ul> <p>Other Evidence:</p> <ul style="list-style-type: none"> <li>Daily informal assessment of 'Established Goals'</li> </ul>	

Basketball

- How do you apply B.E.E.F. when shooting a basketball?
- How do passing and dribbling effectively move the basketball around the court?
- How do you use spacing, movement, and strategies to become a more efficient player?

Cardio Fitness

- What are the different categories of fitness?
- How can fitness improve your quality of life?
- How can you use your fitness scores improve your level of fitness?
- How do you use your fitness data to create reasonable goals?
- How often should cardiovascular exercise be participated in to receive the maximum benefit?

Chronic and Communicable Diseases

- What can you do to protect yourself from communicable diseases?
- Why is abstaining from sexual activity the only 100% way to protect yourself from HIV, AIDS, and STDs/STIs?
- What can you do to reduce the risk of contracting a chronic disease?

Basketball

Students will understand that...

- The B.E.E.F. principal will allow them to shoot a basketball more effectively
- By dribbling and passing they move the basketball around the court
- Proper spacing, movement, and strategies will help you become a more efficient player

Cardio Fitness

Students will understand that...

- Physical fitness is an important part of their lives.
- Their fitness scores will be assessed based on their age and gender.
- They will be assessed in different categories of fitness (cardiovascular endurance, muscle endurance, muscle strength, flexibility).
- Using effective goal setting will help increase fitness scores.
- Creating a cardiovascular routine will benefit their life style
- Cardiovascular exercise must be done for at least 20min. 3 times a week

Chronic and Communicable Diseases

Students will understand that...

- When they take proper precautions they will be preventing the spread of communicable diseases when coming into contact with people, animals, food and objects.
- Abstaining from sexual activity is the only 100% way to stay free of HIV, AIDS, STDs/STIs and pregnancy.
- Relevant health care and positive health practices can reduce the risk of contracting chronic diseases

Basketball

Students will know...

- How to apply B.E.E.F. when shooting a basketball
  - How to move the properly move the basketball around the court
  - How to use spacing, movement, and strategies to become a more efficient player
- Students will be able to...
- Correctly dribble and shoot a basketball.
  - Demonstrate knowledge of rules and strategies during game play.

Cardio Fitness

Students will know...

- Why physical fitness is an important part of their lives
- How to properly perform each fitness test (mile run, pacer, push up, curl up, flexed arm hang, sit and reach).
- The four categories of fitness.
- How to use their fitness scores to improve their fitness level.
- How to set reasonable fitness goals based on previous fitness data.
- The amount of time and frequency need to effectively participate in a cardiovascular fitness routine.

Students will be able to...

- Correctly perform each fitness test.
- Recognize which fitness categories they need to improve in.
- Set reasonable goals based on previous fitness data.
- Create an effective cardiovascular routine

Chronic and Communicable Diseases

Students will know...

- How to protect themselves from communicable diseases.
- What is abstinence and ways to abstain from sexual activity?
- Positive health practices.

Students will be able to...

- Prepare a plan to abstain from sexual activity.
- Identify ways to protect themselves from communicable diseases.
- Differentiate between communicable and chronic diseases.

Basketball

Performance Task(s):

- Skills Testing (rubric)
- Rules/Strategies Quiz

Other Evidence:

- Daily informal assessments of "Established Goals"

Cardio Fitness

Performance Task(s):

- Fitness testing
- Group fitness routine

Other Evidence:

- Daily informal assessments of established goals

Chronic and Communicable Diseases

Performance Task(s):

- STD Transmission Activity: Students will interact w with each other through simulated body fluids (i.e., bleach and water) to experience how a virus can spread.
- **Glitter Pathogens:** Students will witness how pathogens can be spread from people to objects (desks, door, handles, etc.)

Other Evidence:

- Quiz – Communicable Diseases
- Unit Test

Chronic and Communicable Diseases

- Health and Wellness Textbook, Grade 8
- Pathogen Experiment Kit
- United Streaming Video:
  - Skills for Healthy Living: Sex and Consequences – segment: Choosing Abstinence
  - Friends First: Just Do It?: Self Restraint – Segment: Abstinence Will Eliminate Fears
  - Update: Sexually Transmitted Diseases – Segment: The Facts About STD's
  - Talking About Sex, Part One: Am I Normal? – Segment: True or False? Some Facts About Sex and STD's
  - Primary Health and Safety: Germs and Diseases
  - HIV/AIDS: Staying Safe
- Power Point:
  - STD's
  - Cancer
  - Heart Disease

Volleyball

- How do you maneuver your body to properly to pass, set, serve the volleyball?
- How do you use spacing, movement, and strategies to become a more efficient player?

Personal Fitness Plans

- What are the different categories of fitness?
- How can fitness improve your quality of life?
- How can you use your fitness scores improve your level of fitness?
- How do you use your fitness data to create reasonable goals?
- What guide lines do you use to create an effective workout plan?

Drugs, Alcohol, Tobacco, Steroids

- How do the different categories of drugs negatively affect your body?
- What are the short and long term affects of drugs, alcohol, tobacco, and steroid use?
- What are the skills and resources used to avoid and/or discontinue drug use? How do you use them?

Volleyball

Students will understand that...

- With proper body position they will be able to pass, set, and serve a volleyball more accurately and efficiently
- Proper spacing, movement, and strategies will help you become a more efficient player

Personal Fitness Plans

Students will understand that...

- Physical fitness is an important part of their lives.
- Their fitness scores will be assessed based on their age and gender.
- They will be assessed in different categories of fitness (cardiovascular endurance, muscle endurance, muscle strength, flexibility).
- Using effective goal setting will help increase fitness scores.
- The FITT principle must be used to create a thorough and effective workout plan

Drugs, Alcohol, Tobacco, Steroids

Students will understand that...

- There are several types of drugs (drugs, alcohol, tobacco, and steroids) each affecting the body systems in a negative way.
- There are short and long term affects associated with using drugs, alcohol, tobacco, and steroids.
- There are different ways to protect themselves from drug, alcohol, tobacco, and steroid use through refusal skills and intervention.

Volleyball

Students will know...

- How to properly pass, set, and serve a volleyball
  - How to use spacing, movement, and strategies to become a more efficient player
- Students will be able to...
- Correctly pass, set, and serve volleyball.
  - Demonstrate knowledge of rules and strategies during game play.

Personal Fitness Plans

Students will know...

- Why physical fitness is an important part of their lives
- How to properly perform each fitness test (mile run, pacer, push up, curl up, flexed arm hang, sit and reach).
- The four categories of fitness.
- How to use their fitness scores to improve their fitness level.
- How to set reasonable fitness goals based on previous fitness data.
- How to use the FITT principle to create an effective workout.

Students will be able to...

- Correctly perform each fitness test.
- Recognize which fitness categories they need to improve in.
- Set reasonable goals based on previous fitness data.
- Use the FITT principle to create an effective workout plan.

Drugs, Alcohol, Tobacco, Steroids

Students will know...

- The different types of drugs.
- How drugs affect their body systems.
- The short and long term affects of drug use.
- Various resources for intervention.
- Various ways to say "no".

Volleyball

Performance Task(s):

- Skills Testing (rubric)
- Rules/Strategies Quiz

Other Evidence:

- Daily informal assessments of "Established Goals"

Personal Fitness Plans

Performance Task(s):

- Fitness Testing
- Creating a Personal Fitness Plan

Other Evidence:

- Daily informal assessment of Established Goals

Drugs, Alcohol, Tobacco, Steroids

Students will be able to...

- Access different forms of drug treatment/ intervention.
- Categorize the different drugs according to their affect on the body.
- Demonstrate the different ways to say "no".

Drugs, Alcohol, Tobacco, Steroids

- Health and Wellness Textbook; Grade 8
- Power Point:
  - Alcohol
  - Assertive
- Jeopardy –
- Marijuana
- Narcotics
- Smoking
- Steroids
- Tobacco/Smoking
- Tobacco
- You Tube Video:
  - Truth Commercials
  - Meth Commercials
- United Streaming Video:
  - Ecstasy: First Pill or Last?
  - Reality Matters: Drugs: Deadly Highs – Segment: Just One Time? The Decision Whether to Try Drugs

Techniques

Alcohol

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April - May	<p><u>Fitness</u></p> <ul style="list-style-type: none"> <li>• What are the different categories of fitness?</li> <li>• How can fitness improve your quality of life?</li> <li>• How can you use your fitness scores improve your level of fitness?</li> <li>• How do you use your fitness data to create reasonable goals?</li> </ul>	<p><u>Fitness</u></p> <p>Students will understand that...</p> <ul style="list-style-type: none"> <li>• Physical fitness is an important part of their lives.</li> <li>• Their fitness scores will be assessed based on their age and gender.</li> <li>• They will be assessed in different categories of fitness (cardiovascular endurance, muscle endurance, muscle strength, flexibility).</li> <li>• Using effective goal setting will help increase fitness scores.</li> </ul>	<p><u>Fitness</u></p> <p>Students will know...</p> <ul style="list-style-type: none"> <li>• How to properly perform each fitness test (mile run, pacer, push up, curl up, flexed arm hang, sit and reach).</li> <li>• The four categories of fitness.</li> <li>• How to use their fitness scores to improve their fitness level.</li> <li>• How to set reasonable fitness goals based on previous fitness data.</li> </ul> <p>Students will be able to...</p> <ul style="list-style-type: none"> <li>• Correctly perform each fitness test.</li> <li>• Recognize which fitness categories they need to improve in.</li> <li>• Set reasonable goals based on previous fitness data.</li> </ul>	<p><u>Fitness</u></p> <p>Performance Task(s):</p> <ul style="list-style-type: none"> <li>• Fitness Tests</li> <li>• Fitness Goal Reflections</li> </ul> <p>Other Evidence:</p> <ul style="list-style-type: none"> <li>• Daily informal assessment of 'Established Goals'</li> </ul>	
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