

Information Regarding Pacing Guide for 8th Grade Physical Education

A pacing guide is a written schedule displaying the alignment of concepts, topics, and skills related to a particular curriculum to be address over a defined period of time.

There are 4 Categories for North Carolina Standards for Physical Education for the 8th grade. Objectives for each Standard are under the Categories of Motor Skills, Movement Skills, Health Related Fitness, and Personal and Social Responsibility.

The Standards and Objectives will be listed under each Category:

Motor Skills: ESSENTIAL STANDARD

8.MS.1 Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

Motor Skills: OBJECTIVES

8.MS.1.1 Execute proficiently some complex combinations of movements specific to game, sport, or physical activity settings in at least two of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.

8.MS.1.2 Analyze fundamental motor skills and specialized skills that contribute to movement proficiency in small-sided game situations.

8.MS.1.3 Apply basic strategies and tactics that contribute to successful participation.

8.MS.1.4 Use movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

Movement Concepts: ESSENTIAL STANDARD

8.M.C.2 Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

Movement Concepts: OBJECTIVES

8.MC.2.1 Integrate increasingly complex discipline-specific knowledge, such as biomechanics, with movement skills.

8.MC.2.2 Compare movement concepts and principles, and critical elements of activity, of performances representing different levels of skill.

8.MC. 2.3 Integrate strategies and tactics within game play.

8.MC.2.4 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

Health-Related Fitness: ESSENTIAL STANDARD

8.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

Health-Related Fitness: OBJECTIVES

8.HF.3.1 Evaluate progress toward achieving health-related fitness standards, using the results to make improvements.

8.HF.3.2 Summarize the potential short- and long- term physical, social, and emotional impacts of physical activity as a positive lifestyle choice.

8.HF.3.3 Use a variety of resources to assess monitor, a improve personal fitness.

Personal/Social Responsibility: ESSENTIAL STANDARD

8.PR.4 Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

Personal/Social Responsibility: OBJECTIVES

8.PR.4.1 Analyze a variety of settings and situations to determine appropriate safety, ethics, and the form of social interaction.

8.PR.4.2 Exemplify well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations.

8.PR.4.3 Compare factors in different cultures that influence the choice of physical activity and nutrition.

Designing a pacing guide for Physical Education is unique animal. Several objectives from each of the 4 categories of the North Carolina standards can and should be met every class period. A pacing guide can give a written schedule of objectives to be met in a certain time frame during a school year through individual and group activities but these activities are subject to change. Physical Education is unlike other core subject in the fact that your classroom, over 50 percent of the time is out of doors so lesson plans change like the weather but objectives are still met. The following is a Physical Education Pacing Guide for the 8th grade CMS for the year 2013-2014.

Physical Education Pacing Guide for 2013-2014 – CMS 8TH Grade

1ST NINE WEEKS:

-Fitnessgram: Measures Ht., Wt., Endurance, Strength, Flexibility

Obj. 8.MC.2.1 – 8.HF.3.1 – 8.HF.3.3 – 8.PR.4.1

-Co-Ed Cooperative Games: Rock, Paper, Scissors (Bronze, Silver, Gold), Houdini Hoops, Bag Tag, ETC.

Obj. 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.2 – 8.PR.4.1 – 8.PR.4.2

-Volleyball: Rules and Skills of Bumping, Setting, Spiking, Serving, Rotations

Obj. 8.MS.1.1 – 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.3 – 8.2.4 – 8.PR.4.1 – 8.PR.4.2

-Ultimate Frisbee: Rules of the game, mechanics of throwing the Frisbee and strategies of offense and defense

Obj. 8.MS.1.1 – 8.MS.1.3 – 8.MC.2.1 – 8.MC.2.2 – 8.MC.2.3 – 8.MC.2.4 – 8.HF.3.2 – 8.PR.4.2

2ND NINE WEEKS:

-Dance Unit – Circle Dancing, Folk Dancing, Square Dancing, Line Dancing, Social Dancing and Cultural Dancing

Obj. 8.MS.1.1 - 8.MS.1.3 - 8.MS.1.4 – 8.MC.2.2 – 8.MC.2.4 – 8.PR.4.1 – 8.PR.4.2 – 8.PR.4.3

-GENMOVE ACTIVITIES – Integrating Health, Math, Biology in Group Play

Obj. 8.MS.1.1 – 8.MS.1.3 – 8.MS.1.4 – 8.MC.2.3 – 8.HF.3.2 – 8.PR.4.1 – 8.PR.4.2 – 8.PR.4.3

-Variety of Kickball Games – Kicking, Catching, Strategies, Learning Sequencing, Teamwork

Obj. 8.MS.1.1 – 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.3 – 8.PR.4.1 – 8.PR.4.2

3RD NINE WEEKS:

-HOPSPORTS – Virtual Interactive Software to enhance fitness through Cardio, Martial Arts, Dance, Circuit Work and a variety of Individual and Team sports.

Obj. 8.MS.1.1 – 8.MS.1.3 – 8.MS.1.4 – 8.MC.2.1 – 8.MC.2.2 – 8.MC.2.4 – 8.HF.3.1 – 8.HF.3.2 – 8.PR.4.1 – 8.PR.4.2 – 8.PR.4.3

3RD NINE WEEKS Cont.

- Basketball – Skills of Dribbling, Passing, Shooting, Offensive and Defensive Strategies, Game Play

Obj. 8.MS.1.1 – 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.1 – 8.MC.2.2 – 8.MC.2.3 – 8.MC.2.4 – 8.HF.3.2 – 8.PR.4.1 – 8.PR.4.2

- Circuit Training – Cross-fit – Aerobic, Cardio, Strength and Flexibility Training Timed to Music

Obj. 8.MS.1.1 – 8.MS.1.3 – 8.MS.1.4 – 8.MC.2.1 – 8.MC.2.2 – 8.MC.2.4 – 8.HF3.1 – 8.HF.3.2 – 8.HF.3.3

-Speedminton – Tactical Game of Enhanced Badminton, Skills of Serving, Volleying, Smashes, Slams and Strategies for singles as well as doubles.

Obj. 8.MS.1.1 – 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.2 – 8.MC.2.3 – 8.MC.2.4 – 8.HF.3.2 – 8.PR.4.1

4th NINE WEEKS

- Soccer – Skills of Dribbling, Kicking, Offensive and Defensive Strategies, Game Play

Obj. 8.MS.1.1 – 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.1 – 8.MC.2.2 – 8.MC.2.3 – 8.MC.2.4 – 8.HF.3.2 – 8.PR.4.1 – 8.PR.4.2

- Individual Sports – Ping-Pong, Handball, Jump-rope, Golf – Rules for Ping-pong, Golf – Serving, Volleying, Swing, Putting, Scoring

Obj. 8.MS.1.1 – 8.MS.1.3 – 8.MC.2.1 – 8.MC.2.2 – 8.MC.2.3 – 8.PR.4.1 – 8.PR.4.2

- Softball – Catching, Throwing, Hitting, Rules and Game Play

Obj. 8.MS.1.1 – 8.MS.1.2 – 8.MS.1.3 – 8.MC.2.1 – 8.MC.2.3 - 8.MC.2.4 - 8.HF.3.2 – 8.PR.4.1 – 8.PR.4.2

- Fitnessgram – Measures Ht., Wt., Endurance, Strength, Flexibility

Obj. 8.MC.2.1 – 8.HF.3.1 – 8.HF.3.3 – 8.PR.4.1