

Frederick County Public Schools Physical Education Curriculum

Essential Discipline Goals

Develop an acceptable level of fitness and an understanding of the components of fitness and an appreciation of the life-long value of fitness through personalized physical education activities

Develop through a purposeful physical education experience a more positive self-concept appropriate to social and emotional behaviors, self-direction and an appreciation of individual differences

Develop physical skills and acquire knowledge of efficient and creative movement through participation in a sequential program of varied activities and develop an appreciation for the value of this type of movement

Develop an awareness of safety practices and procedures

Eighth Grade

PE.10: Skillfulness - Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.

800.10.01 Evaluate and apply fundamental movement skills in a variety of physical education activities.

800.10.01.a Perform and assess a peer for fundamental movement skills, skill combinations, and skill themes in a variety of small and large group physical activity settings such as: fitness, adventure and cooperative games, rhythms and dance, recreational games, individual and team sports.

800.10.02 Perform and Evaluate creative skill combinations.

800.10.02.a Justify and apply a personal opinion for an individual or partner performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

800.10.03 Analyze strategies to solve tactical game problems.

800.10.03.a Analyze and apply different concepts/strategies for each tactical game category (net/wall, invasion, striking/fielding, and target) such as: scoring and preventing scoring.

800.10.03.b Compare and apply movement strategies that add to student success during participation in net/wall, invasion, striking/fielding, and target activities.

PE.20: Biomechanical Principles - Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.

800.20.01 Apply the concept of force in relationship to how objects move.

- 800.20.01.a Demonstrate how to change and control the amount of force applied to a projectile in order to move it toward a moving target.
- 800.20.01.b Calculate and show how accuracy of projectiles is dependent on factors such as: speed of projectile, distance from target, weight of object, size of the implement, and number of body parts used.
- 800.20.01.c Choose and integrate efficient movements in order to decrease injuries in a variety of activities.
- 800.20.01.d Identify internal and external factors that impact movement such as bones, muscles, air resistance, buoyancy, gravity, friction, and reaction.

PE.30: Motor Learning Principles – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.

800.30.01 Show that skills will develop with practice over time.

- 800.30.01.a Analyze and apply the principles of practice progression to personal skill development.

800.30.02 Investigate the importance of self-evaluation and feedback in the improvement of motor skills.

- 800.30.02.a Analyze and appraise improvement in personal or peer performance of skills using a rubric or checklist.
- 800.30.02.b Analyze and improve a complex motor task based on a plan of improvement

PE.40: Exercise Physiology-Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance in a variety of academic, recreational, and life tasks.

800.40.01 Analyze the effect of moderate to vigorous physical activity on the body systems.

- 800.40.01.a Explain and discuss how the muscular, skeletal, and nervous systems respond and adapt to the concept of *progression* and the *overload principle*.

800.40.02 Analyze and apply components of the FITT guidelines to adjust levels of physical activity.

- 800.40.02.a Design, implement, and revise short term and long term personal fitness goals based on a fitness assessment.
- 800.40.02.b Choose, implement, and assess, a personal fitness plan based on the FITT guidelines.
- 800.40.02.c Defend the relationship between improved health related fitness and the principles of overload, progression, specificity, regularity, and individuality.

800.40.03 Evaluate the components necessary to design a fitness plan.

- 800.40.03.a Defend and perform the selection of activities chosen to improve or maintain health-related fitness.
- 800.40.03.b Choose, implement, assess, and defend a personal fitness plan using the health-related fitness components.
- 800.40.03.c Justify the selection of the activities performed to improve or maintain skill-related fitness.

800.40.04 Analyze the benefits of physical activity.

800.40.04.a Investigate how physical activity improves overall health and wellness.
800.40.04.b Examine and prioritize the personal benefits resulting from physical activity

800.40.05 Analyze the factors influencing daily physical activity.

800.40.05.a Compare and choose strategies to address personal, environmental, and/or social factors that effect maintaining or improving personal physical activity.

800.40.06 Analyze how the media impacts attitudes towards physical activity.

800.40.06.a Describe how media influences physical activity.

PE.50: Physical Activity-Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.

800.50.01 Evaluate individual aerobic capacity/cardiorespiratory fitness.

800.50.01.a Assess and perform aerobic capacity/cardiorespiratory fitness through standardized fitness tests. Develop personal goals based on prior assessment and prediction.
800.50.01.b Justify and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.
800.50.01.c Calculate **target heart rate** to reflect personal activity goals.
800.50.01.d Use technology to compare and contrast individual **heart rate** among various activities.
800.50.01.e Implement technology to defend the value of various activities for aerobic capacity/cardio respiratory fitness using heart rate monitors or instapulses.
800.50.01.f Assess and use principles of overload, progression, specificity, regularity, and individuality to enhance aerobic capacity/cardiorespiratory fitness.
800.50.01.g Defend the use of a target heart rate for improvement of aerobic capacity and fitness.
800.50.01.h Assess recovery time and its relationship to improved fitness and increased physical activity.

800.50.02 Evaluate individual muscular strength and muscular endurance.

800.50.02.a Assess and perform muscular strength and muscular endurance fitness through standardized fitness tests. Develop personal goals based on prior assessment and prediction.
800.50.02.b Justify and perform developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.
800.50.02.c Assess and use the principles of overload, progression, specificity, regularity, and individuality to enhance muscular strength and muscular endurance.
800.50.02.d Defend personal exercises in a daily exercise program that address the need for core strength development, proper posture, and safety.

800.50.03 Evaluate individual flexibility.

800.50.03.a Assess and perform flexibility through standardized fitness tests. Develop personal goals based on prior assessment and prediction
800.50.03.b Justify and perform appropriate activities to improve personal goals related to flexibility.

- 800.50.03.c Assess and use the principles of overload, progression, specificity, regularity, and individuality to enhance flexibility.
- 800.50.03.d Justify examples of sport/activity specific stretches to enhance personal flexibility.

800.50.04 Examine body composition.

- 800.50.04.a Identify and discuss the term somatotype and discuss various body types such as: ectomorph, mesomorph, and endomorph.

PE.60: Social Psychological Principles—Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.

800.60.01 Analyze the relationship between exercise, physical activity, and safety.

- 800.60.01.a Choose and perform exercises to improve posture and core strength for lower back care as part of a personal fitness plan.
- 800.60.01.b Demonstrate rules, procedures, and etiquette for safe physical activity settings.

800.60.02 Evaluate the relationship between effort and improvement.

- 800.60.02.a Examine the relationship between effort and persistence as they relate to the development of self-confidence.
- 800.60.02.b Develop a plan to obtain a personal fitness goal.

800.60.03 Evaluate and demonstrate effective relationship skills in physical activity settings.

- 800.60.03.a Justify and apply strategies and practices related to self-regulation in a variety of challenging physical activity settings.
- 800.60.03.b Defend and model choice of strategies to resolve conflict and make appropriate decisions that promote a sense of community and respect for others.

800.60.04 Evaluate effective inclusiveness skills in physical activity settings.

- 800.60.04.a Evaluate different activities from a variety of cultures.
- 800.60.04.b Show a variety of ways to communicate empathy, caring, consideration, and respect for self and others.

800.60.05 Apply effective time management strategies.

- 700.60.05.a Demonstrate, assess, and modify a daily personal activity plan to overcome personal time barriers for daily physical activity.