

8th Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.8.MSC.1-7, 2.2.8.PF.1-5, 2.2.8.LF.1-7, 2.3.8.PS.1, 2.3.8.PS.4, 2.3.8.PS.5, 2.3.8.PS.6

- analyze the positive and negative impacts of technological advances on exercise, health and fitness and describe ways to achieve a healthy body through healthy eating and physical activity
- utilize safe, efficient movement to develop and maintain a healthy, active lifestyle
- demonstrate mechanically correct form and control when using and combining movement skills in applied settings [game/sport/dance/recreational]
- demonstrate how equilibrium, rotation and range of motion impact performance and apply the impact of force and motion during physical activity
- perform and assess the quality of movement flow in response to dynamic, interactive environments and compare/contrast the use of movement skills in various physical activities; transfer a movement skill from one activity to another; detect and correct errors
- describe and demonstrate various training methods, including isotonic, isometric, interval, and circuit methods
- investigate the physical, behavioral, legal and competitive consequences of the use of performance enhancing substances, including anabolic steroids
- engage in variety of sustained vigorous physical activities that enhance fitness; perform at the intensity level needed to enhance cardiovascular fitness, as determined by target heart rate, perceived exertion, and recovery heart rate
- monitor physiological responses before, during and after exercise and compare changes
- use data to develop a personal fitness plan and use technology to evaluate the implementation and outcomes; demonstrate age and gender specific progress toward improving fitness

Extended Activities

1. **High-Intensity Interval Training (HIIT) Circuit** - Objective: Improve cardiovascular fitness and muscular endurance. Sample Stations (30 sec work / 15 sec rest): Jump squats, Push-ups, Mountain climbers, Burpees, Plank hold, High knees. Have students rotate through 6–8 stations. Repeat 2–3 rounds. Encourage goal tracking and peer motivation.
2. **Basketball: Small-Sided Strategy Games** - Objective: Develop offensive/defensive movement and shot selection. Play 3 vs. 3 half-court games. Focus on spacing, passing, screens, and team communication. Teach basic plays and defensive positioning. Rotate teams every 5–7 minutes.

Gifted and Talented

1. **Team Challenge: “The Grid” Strategy Game** - Objective: Develop communication, critical thinking, and teamwork. Teams navigate a “minefield” grid by completing challenges at safe squares. The student leading knows the safe path but doesn’t reveal it. If they step on the wrong square, they must go back and complete a fitness task. Focus on collaboration, memory, and persistence