

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

TCHOUKBALL UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Identify the rules and court boundaries of tchoukball • Identify the difference between contact and non-contact activities • Demonstrate skills to engage in lead up games of tchoukball • Apply physical and cognitive strategies to large scale games of tchoukball	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 A 10.5.9 C 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Throwing/catching mechanics session • Accuracy/power application session • Tchouk Tag • Mini tchoukball • 2 on 2 tchoukball • Touch all tchoukball • Full court tchoukball	• Tchoukballs • Rebounding frames • Court markings • Tchoukball history document • Tchoukball quiz • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

ARCHERY UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Identify the rules of archery. • Demonstrate an understanding of the safety involved. • Demonstrate proper technique in shooting an arrow. • Recognize and describe opportunities to pursue archery in their local community.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E	A/I	• Teacher Demonstration/ Observation • Steps to Proper Shooting • Peer Evaluation/ Reciprocal Feedback Assessment • Archery Scoreboard Assignment • Archery Skills Test	• Archery Equipment • Google Classroom Handouts • Assessment Rubric • Online Resources • Archery Scorecard Worksheet	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

BADMINTON UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
- Identify the rules and boundaries of a badminton court. - Demonstrate the forehand and backhand strokes. - Demonstrate a variety of rallying strategies (clear, drop, and smash shots) used in badminton.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	R/A	- Teacher Demonstration/ Observation - Peer Evaluation/ Reciprocal Feedback Assessment - Heart Rate Measurement/Evaluation - Forehand/Backhand skills assessment	- Badminton equipment - Online Resources - Google Classroom Handouts - Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

BOWLING UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Identify the rules of bowling. • Demonstrate proper scorekeeping throughout a bowling game. • Identify how to select and fit a ball. • Perform correct stance, grip, and release. • Perform a 4-step approach.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E	A/I	• Teacher Demonstration/ Observation • Peer Evaluation/ Reciprocal Feedback • 4-step approach skills assessment • Score keeping assessment	• Bowling equipment • Scoring Sheets • Online Resources • Google Classroom Handouts • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

PICKLEBALL UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
- Identify the rules and boundaries of pickleball. - Demonstrate forehand and backhand strokes. - Identify, by where an opponent is positioned, which shot is most appropriate during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	R/A	- Teacher Demonstration/ Observation - Peer Evaluation/ Reciprocal Feedback - Heart Rate Measurement/Evaluation - Student Demonstration skills video - Forehand/Backhand skills assessment	- Pickleball equipment - Lifetime Fitness Activities Chart - Online Resources - Google Classroom Handouts - Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

VOLLEYBALL UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
- Identify the rules and boundaries of volleyball. - Demonstrate and explain passing and serving strategies. - Apply movement principles and skills related fitness to gameplay - Explain and perform a volleyball pass, set, and attack. - Identify, by where an opponent is positioned, which type of volley is most appropriate during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	- Teacher Demonstration/ Observation - Peer Evaluation/Reciprocal feedback - Volleyball drills - Volleyball lead-up games - Volleyball Serve skills assessment - Volleyball quiz	- Volleyball equipment - Online Resources - Google Classroom Handouts - Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

PERSONAL FITNESS UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Comprehend concepts related to health promotion and disease prevention to enhance health. • Demonstrate the ability to access valid information and products and services to enhance health. • Demonstrate the ability to use goal-setting skills to enhance health. • Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. • Demonstrate the ability to advocate for personal, family, and community health	10.4.9. A 10.4.9. B 10.4.9. C 10.4.9. D 10.4.9. E 10.5.9. D 10.5.9. E	A/I	• Teacher Demonstration/ Observation • Re-introduction to Basic Weight Training Principles • Re-introduction to Five Components of Physical Fitness • Cardiovascular/Weight Training Station Workout Sessions • Student Demonstration • Fitness Log Sheet Evaluation • Fitness Assessment	• Fitness Center • Cardiovascular & Weight Training Equipment • Student Fitness Log Sheets • Online Resources • Mini Workouts • Fitness Testing • Class fitness sessions • Assessment Rubric	10 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

TEAM FITNESS UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Comprehend concepts related to sportsmanship, teamwork, and fitness.. • Demonstrate the ability to use goal-setting skills to enhance teamplay and strategy. • Demonstrate the ability to apply spatial awareness and boundaries to game play • Demonstrate individual responsibility during group activity	10.4.9. A 10.4.9. B 10.4.9. C 10.4.9. D 10.4.9. E 10.5.9. D 10.5.9. E	A/I	• Teacher Demonstration/ Observation • Health related components of fitness • Skill related components of fitness • Capture the Flag • Student Demonstration • Scooter Games	• Fitness Game Equipment • Class fitness session equipment • Online Resources • Mini Workouts • Google Classroom information sheets • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

FRISBEE UNIT					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Apply knowledge of concepts, principles, strategies and tactics related to movement and performance • Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. • Exhibit responsible personal and social behavior that respects self and others. • Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E	A/I	• Teacher Demonstration/ Observation • Peer Evaluation/Reciprocal feedback • Frisbee throwing mechanics • Student Demonstration skills • Ultimate Frisbee • Disc Golf • Kan Jam	• Frisbee Equipment • Online Resources • Google Classroom Handouts • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

RECREATIONAL GAMES					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate knowledge of rules and fair play through various activities • Apply game strategies and cognitive concepts through various activities • Display sportsmanship through various recreational games • Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. • Demonstrate application of all domains of physical education through game play	10.4.9. A 10.4.9. B 10.4.9. C 10.4.9. D 10.4.9. E 10.5.9. D 10.5.9. E	A/I	• Teacher Demonstration/ Observation • Skill related components of fitness • Bocce • Ping Pong • Spikeball • Horseshoes • Ladderball • Student Demonstration	• Recreational Games Equipment • Online Resources • Google Classroom Handouts • Mini Workouts • Assessment Rubric	10 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 8 - LIFETIME PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

Levels of Mastery Descriptions

Recognition (Awareness/Knowledge):

Students become conscious of concepts by exposure and having attention drawn to them. Students will be able to recall/define/identify concepts after direct teaching and learning experiences.

Application

Students will be able to apply ideas/skills to a curricular concept. Students will be able to use concepts to accomplish tasks appropriate to functional levels.

Inference (Mastery/Reinforcement)

Students will be able to evaluate and synthesize materials or concepts. Students will be able to independently use and apply concepts to accomplish complex tasks with increasing efficiency.