



Course Outline: 7th/8th Comprehensive PE

Purpose: The purpose of this course is to provide a foundation of knowledge and skills necessary for the development of a physically active lifestyle. The course addresses both the health and skill-based components of physical fitness, by providing a variety of movement opportunities which include but are not limited to fitness activities and team sports.

Standards: [M/J Comprehensive Physical Education Grade 7/8 - 1508070 | CPALMS.org](#)

Length: 18 Week Course - 16 weeks of instruction + 2 weeks for opportunities for reteach and interruptions

Textbook Resources: N/A

BCPS Physical Education Vision: Educating today's students, to develop the skills, knowledge, and self-efficacy to take action and pursue enjoyment in a lifetime of physical activity and quality mental and social health, in tomorrow's world.

MS 7th/8th Comprehensive PE – Broward County Public Schools

Weeks	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-2	Introduction to class Unit 1: Introduction, Establishing Rules and Routines, Cooperatives	<i>Introduction, Rules/Routines, Cooperatives/Health Relationships</i> Introduction to Class: Class norms/expectations, locker rooms, behavior contract, etiquette, safety Physical Education Components: Cooperation, Effective Communication, Respect, Empathy, Leadership, Positive and Negative Peer Pressure, Teamwork, Heat Illness, Heat Cramps, Heat Stroke, Heat Exhaustion Health Education Components: Healthy Relationships, Communication Skills, Respect, Boundaries, Trust and Honesty, Conflict Resolution, Heat Illness	PE.7.L.3.1 PE.7.R.5.1, 5.2, 5.3, 5.4, 6.2 PE.8.M.1.3, 1.6, 1.7, 1.9 PE.8.C.2.5, 2.6, 2.7 PE.8.L.3.1 PE.8.R.5.1, 5.2, 5.3, 5.4, 5.5, 6.2 HE.7.PHC.1.3, 3.2, 3.3, 3.5, 3.6, 3.8 HE.7.CH.3.2 HE68.SUA.5.1, 5.3 MA.K12.MTR.1.1 ELA.K12.EE.2.1, 3.1	BCPS PE Canvas Resources
3-4	Unit 2: Fitness Testing and Health Related Fitness	<i>Fitness testing and Health Related Fitness</i> Physical Education Components: Warm-up, Cool-down, Dynamic Stretching, Static Stretching, Health Related Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiorespiratory Endurance, Fitnessgram Goal Setting Health Education Components: Goal Setting, Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiorespiratory Endurance, Lifelong Fitness, Task Oriented Environment	PE.7.M.1.8, 1.9 PE.7.C.2.6, 2.8 PE.7.L.3.1, 4.1, 4.2, 4.5 PE.7.R.5.2, 5.3, 5.4, 6.2 HE.7.PHC.3.5 PE.8.M.1.3, 1.4, 1.5, 1.7 PE.8.C.2.6, 2.7 PE.8.L.3.1, 3.2, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4, 4.5 PE.8.R.5.4, 5.5, 6.1, 6.2 HE.8.PHC.3.7	BCPS PE Canvas Resources

MS 7th/8th Comprehensive PE – Broward County Public Schools

			MA.K12.MTR.7.1 ELA.K12.EE.3.1	
5-6	Unit 3: Pick-Up Games	Pick Up games Physical Education Components: Skill related fitness (agility, coordination, speed, power, reaction time), Bounce Pass (Basketball), Chest Pass (Basketball), Zone Defense (Basketball), Player to Player Defense (Basketball), Offensive Transition (Basketball), Defensive Transition (Basketball), Backhand (Frisbee), Forehand (Frisbee), Above Chest Pass (Round Net), Below-Chest Pass (Round Net), Spike (Round Net), Rally Scoring (Round Net), Rally, Etiquette, Ethics Health Education Components: Health Related Fitness, Cardiorespiratory Endurance, Muscular Endurance, Responsible Decision Making, Resilience, Heart rate	PE.7.M.1.1, 1.2, 1.3, 1.6, 1.9 PE.7. 2.6, 2.9 PE.7.L.3.1, 3.2 PE.7.R.5.2, 5.3, 5.4, 6.2, 6.3 PE.8.M.1.3, 1.4, 1.7, PE.8.C.2.3, 2.4, 2.5, 2.6, 2.8 PE.8.L.3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 4.1, 4.2, 4.3, 4.4 PE.8.R.5.3, 5.4, 5.5, 6.1, 6.2 MA.K12.MTR.1.1 ELA.K12.EE.6.1 ELD.K-12.ELL.SI.1	BCPS PE Canvas Resources
7-8	Unit 4: Sports from Other Cultures (Lacrosse, Floorball, Handball)	<i>Sports from Other Cultures</i> Physical Education Components: Lacrosse, Floorball, Team Handball, Cradling, Scoop/Groundball, Dodging, Dominant Hand, Goalie, Forehand, Backhand, Dribble, Accuracy, Control, Defense, Offense, Defender, Interception, Cradle, Pass Health Education Components: Health Related Fitness, Muscular Endurance, Muscular Strength, Cardiorespiratory Endurance, Responsible Decision Making, Resilience	PE.7.M.1.1, 1.2, 1.3, 1.6, 1.9 PE.7.C.2.6, 2.9 PE.7.L.3.1, 3.2 PE.7.R.5.2, 5.3, 5.4, 6.2, 6.3 PE.8.M.1.3, 1.4, 1.5, 1.7 PE.8.C.2.5, 2.6, 2.7 PE.8.L.3.1, 3.2, 4.1, 4.2, 4.3, 4.4 PE.8.R.5.3, 5.4, 5.5, 6.1, 6.3	BCPS PE Canvas Resources

MS 7th/8th Comprehensive PE – Broward County Public Schools

			MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	
9-10	Unit 5: Track and Field Events	<i>Track and Field</i> Physical Education Components: Agility, Coordination (Hand-eye), Power, Reaction Time, Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility, Dynamic and Static Stretching, Sprint, Speed, Relay, Baton, Pace, Shot put, Javelin, Broad Jump, Exchange Zone Health Education Components: Health Related Fitness, Muscular Endurance, Muscular Strength, Cardiorespiratory Endurance, Responsible Decision Making, Resilience	PE.7.M.1.8, 1.9 PE.7.C.2.6 PE.7.L.3.1, 3.2 PE.7.R.5.2,5.3, 5.4, 6.2 PE.8.M.1.3, 1.4, 1.5 PE.8.C.2.1, 2.5,2.6, 2.7 PE.8.L.3.1,3.2, 3.3, 3.4, 3.5 PE.8.R 5.3, 5.4, 5.5, 6.1 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources
11-12	Unit 6: Racket Activities: Badminton, Pickleball	<i>Racket Activities</i> Physical Education Components: Face, Handle, Badminton, Pickleball, Shuttlecock, Backswing, Fore swing, Follow Through, Drop Shot, Clear Shot, Smash Shot, Rally Scoring, Side-Out Scoring Health Education Components: Health Related Fitness, Cardiorespiratory Endurance, Muscular Endurance, Responsible Decision Making, Resilience, Heartrate	PE.7.M.1.2,1.9 PE.7.C.2.1, 2.3, 2.6, 2.7,2.8, 2.9 PE.7.L.3.1, 3.2, 3.3, 3.4, 3.5 PE.7.R.5.2, 5.3, 5.4, 6.2 PE.8.C.2.3, 2.5, 2.6, 2.7 PE.8.L.3.1, 3.2, 3.3, 3.4, 3.5, 3.6 PE.8.M.1.2, 1.3, 1.4, 1.5 PE.8.R.5.3, 5.4, 5.5, 6.1, 6.2 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources

MS 7th/8th Comprehensive PE – Broward County Public Schools

13-14	Unit 7: Yoga	<i>Yoga</i> Physical Education Components: Yoga History, Yoga Etiquette, Health Related Fitness Components in Yoga, Yoga Pose, Ujjayi Breathing Technique, Vinyasa, Mindfulness, Balance, Relaxation, Alignment, Flow Health Education Components: Health Related Fitness, yoga Etiquette, Mindfulness, Relaxation, Flow	PE.7.C.2.6, 2.9 PE.7.L.3.1, 3.2 PE.7.M.1.9 PE.7.R.5.2, 5.3, 5.4, 6.2, 6.3 PE.8.C.2.5, 2.6, 2.7 PE.8.L.3.1 PE.8.M.1.3, 1.4 PE.8.R.5.4, 5.5, 6.1, 6.2	BCPS PE Canvas Resources
15-18	Unit 8 and 9: Fitness Post Tests, CPR/First Aid Instruction, Cumulative Review, Fill Days, End of Semester Celebration, EOC Exam	<i>Fitness Post Tests, CPR/First Aid Instruction, Cumulative Review, Final Exam, End of Course Exam, Ever-Fi Courses, End of Semester Celebration</i>	Cumulative review of all course benchmarks SB 430 Mandate	BCPS PE Canvas Resources

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)

Course Standards Directory

Name	Description	Units
PE.7.C.2.6:	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	2, 3, 4, 5, 6, 7
PE.7.C.2.9:	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	3, 4, 6, 7
PE.7.L.3.1:	Participate in moderate physical activity on a daily basis.	1, 2, 3, 4, 5, 6, 7
PE.7.L.3.2:	Participate in vigorous physical activity on a daily basis.	2, 3, 4, 5, 6, 7
PE.7.M.1.1:	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	3, 4
PE.7.M.1.2:	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	3, 4, 6
PE.7.M.1.3:	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	3, 4
PE.7.M.1.6:	Demonstrate the critical elements in specialized skills related to a variety of team sports or outdoor pursuits activities.	3, 4

MS 7th/8th Comprehensive PE – Broward County Public Schools

PE.7.M.1.8:	Apply technology to evaluate, monitor and improve individual skill performance.	2, 5
PE.7.M.1.9:	Demonstrate principles of biomechanics necessary for safe and successful performance.	2, 3, 4, 5, 6, 7
PE.7.R.5.1:	Identify situations in which peer pressure could negatively impact one's own behavior choices.	1
PE.7.R.5.2:	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	1, 2, 3, 4, 5, 6, 7
PE.7.R.5.3:	Demonstrate responsible behaviors during physical activities.	1, 2, 3, 4, 5, 6, 7
PE.7.R.5.4:	List examples of appropriate personal, social and ethical behaviors that apply to specific physical activities.	1, 2, 3, 4, 5, 6, 7
PE.7.R.6.2:	Discuss the potential benefits of participation in a variety of physical activities.	1, 2, 3, 4, 5, 6, 7
PE.7.R.6.3:	Participate in games, sports and/or physical activities from other cultures.	4, 7
PE.8.C.2.3:	Explain basic offensive and defensive strategies in individual/dual sports.	3, 6
PE.8.C.2.4:	Explain basic offensive and defensive strategies in alternative/extreme sports activities.	3
PE.8.C.2.5:	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	3, 4, 5, 6, 7

MS 7th/8th Comprehensive PE – Broward County Public Schools

PE.8.C.2.6:	Identify the critical elements for successful performance in a variety of sport skills or physical activities.	1, 3, 4, 5, 6, 7
PE.8.C.2.7:	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	1, 2, 3, 4, 5, 6, 7
PE.8.L.3.1:	Participate in moderate physical activity on a daily basis.	1, 2, 3, 4, 5, 6, 7
PE.8.L.3.2:	Participate in vigorous physical activity on a daily basis.	2, 3, 4, 5, 6
PE.8.L.3.3:	Participate in a variety of individual/dual and alternative/extreme sport activities that promote health-related components of fitness.	3, 5, 6
PE.8.L.3.4:	Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports.	3, 5, 6
PE.8.L.3.5:	Identify the community opportunities for participation in individual/dual and alternative/extreme sports.	3, 5, 6
PE.8.L.3.6:	Identify a variety of individual/dual and alternative/extreme sport activities that promote stress management.	3, 6
PE.8.L.4.1:	Create, implement and assess a personal fitness program in collaboration with a teacher.	2, 3, 4
PE.8.L.4.2:	Develop goals and strategies for a personal physical fitness program.	2, 3, 4
PE.8.L.4.3:	Use available technology to assess, design and evaluate a personal physical fitness program.	2, 3, 4

MS 7th/8th Comprehensive PE – Broward County Public Schools

PE.8.L.4.4:	Develop a personal fitness program including a variety of physical activities.	2, 3, 4
PE.8.L.4.5:	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	2
PE.8.M.1.2:	Demonstrate critical elements when striking with an object or implement.	6
PE.8.M.1.3:	Demonstrate body management for successful participation in a variety of modified games and activities.	1, 2, 3, 4, 5, 6, 7
PE.8.M.1.4:	Apply principles of biomechanics necessary for safe and successful performance.	2, 3, 4, 5, 6, 7
PE.8.M.1.5:	Demonstrate appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking.	2, 3, 4, 5, 6
PE.8.M.1.6:	Demonstrate offensive, defensive and transition strategies and tactics.	3
PE.8.R.5.1:	List ways to act independently of peer pressure during physical activities.	1
PE.8.R.5.2:	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	1
PE.8.R.5.3:	Demonstrate sportsmanship during game situations.	1, 3, 4, 5, 6
PE.8.R.5.4:	Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.	1, 2, 3, 4, 5, 6, 7

MS 7th/8th Comprehensive PE – Broward County Public Schools

PE.8.R.5.5:	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	1, 2, 3, 4, 5, 6, 7
PE.8.R.6.1:	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	2, 3, 4, 5, 6
PE.8.R.6.2:	Describe the potential benefits of participation in a variety of physical activities.	1, 2, 3, 6, 7
PE.8.R.6.3:	Compare and contrast games, sports and/or physical activities from other cultures.	4
HE.8.PHC.3.7	Design an individual goal to adopt, maintain, or improve personal health practice.	2