



Course Outline: 8th Grade Individual/Dual Sports

Purpose: This course is designed for 8th grade students and is intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of individual and dual sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within physical activities. The integration of fitness concepts throughout the content is critical to the success of this course.

Course Information and Standards: [M/J Individual/Dual Sports - Grade 8 \(#1508050\)- CPALMS](#)

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.

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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.8.M.1.3, 1.6, 1.7, 1.9 PE.8.C.2.5, 2.7 PE.8.L.3.1, 3.2 PE.8.R.5.1, 5.2, 5.3, 5.4, 5.5, 6.2 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.8.M.1.3, 1.4, 1.5, 1.7 PE.8.C.2.1, 2.5, 2.7 PE.8.L.3.1, 3.2, 3.4, 3.5, 3.6, 4.3 PE.8.R.5.1, 5.4, 5.5, 6.1, 6.2 MA.K12.MTR.7.1 ELA.K12.EE.3.1	BCPS PE Canvas Resources
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	Unit 3: Track and Field 1: Track Events	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 Health Education Components: Ethics, Health Related Fitness, Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength	PE.8.M.1.1, 1.3, 1.4, 1.5, 1.7 PE.8.C.2.1, 2.5, 2.6, 2.7 PE.8.L.3.2, 3.3, 3.4, 3.6 PE.8.R.5.1, 5.3, 5.4, 5.5, 6.2 MA.K12.MTR.1.1, 3.1 ELA.K12.EE.4.1, 6.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources
7-8	Unit 4: Track and Field 2: Field Events and Olympics	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 Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Cardiorespiratory Endurance, Heart rate, Responsible Decision Making, Resilience	PE.8.M.1.1, 1.3, 1.4, 1.5, 1.7 PE.8.C.2.1, 2.5, 2.6, 2.7 PE.8.L.3.2, 3.3, 3.4, 3.6 PE.8.R.5.1, 5.3, 5.4, 5.5, 6.2 MA.K12.MTR.1.1, 3.1, 5.1, 7.1 ELA.K12.EE.4.1, 5.1, 6.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources
9-10	Unit 5: Beach Volleyball	Physical Education Components: Skill Related Fitness, Health Related Fitness, Serve, Server, Forearm Pass (bump), Rally, Body Position, Volley, Overhand Pass (set), Block, Back Court, Front Court, Side Out, Spike Health Education Components: Health Related Fitness, Muscular Endurance, Muscular Strength, Cardiorespiratory Endurance, Responsible Decision Making, Resilience	PE.8.M.1.1, 1.3, 1.4, 1.6, 1.7 PE.8.C.2.1, 2.3, 2.5, 2.6, 2.7 PE.8.L.3.1, 3.3, 3.6, PE.8.R.5.3, 5.5, 6.1, 6.2 MA.K12.MTR.1.1, 3.1 ELA.K12.EE.4.1, 6.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources

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11-12	Unit 6: Racket Activities 1: Badminton and Pickleball	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.8.M.1.1, 1.3, 1.4, 1.5, 1.7 PE.8.C.2.1, 2.3, 2.5, 2.6, 2.7, 2.8 PE.8.L.3.2, 3.3, 3.4 PE.8.R.5.3, 5.5 MA.K12.MTR.3.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
13-14	Unit 7: Racket Activities 2: Tennis and Gameplay	Physical Education Components: Forehand strike, Backhand strike, Baseline, Deuce, Lob shot, Drop shot, Overhead smash, Fault, Double Fault, Backswing, Fore swing, Follow-through Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness	PE.8.M.1.1, 1.2, 1.3, 1.4, 1.5, 1.7 PE.8.C.2.1, 2.3, 2.6, 2.7, 2.8 PE.8.L.3.2, 3.3, 3.5 PE.8.R.5.3, 5.5 MA.K12.MTR.3.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
15-18	Unit 8 and 9: Fitness Post Tests, CPR/First Aid Instruction, Cumulative Review, Fill Days, End of Semester	<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

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

Course Standards Directory

Name	Description	Units
PE.8.C.2.1:	Identify basic rules for individual/dual sports.	3, 4, 5, 6, 7
PE.8.C.2.3:	Explain basic offensive and defensive strategies in individual/dual sports.	5, 6, 7
PE.8.C.2.5:	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	1, 2, 3, 4, 5, 6,
PE.8.C.2.6:	Identify the critical elements for successful performance in a variety of sport skills or physical activities.	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

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PE.8.C.2.8:	Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.	6, 7
PE.8.L.3.1:	Participate in moderate physical activity on a daily basis.	1, 2, 5, 6, 7
PE.8.L.3.2:	Participate in vigorous physical activity on a daily basis.	1, 2, 3, 4,
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, 4, 5, 6, 7
PE.8.L.3.4:	Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports.	2, 3, 4, 6,
PE.8.L.3.5:	Identify the community opportunities for participation in individual/dual and alternative/extreme sports.	7
PE.8.L.3.6:	Identify a variety of individual/dual and alternative/extreme sport activities that promote stress management.	2, 3, 4, 5, 6,
PE.8.L.4.3:	Use available technology to assess, design and evaluate a personal physical fitness program.	
PE.8.M.1.1:	Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.	3, 4, 5, 6, 7
PE.8.M.1.2:	Demonstrate critical elements when striking with an object or implement.	6, 7
PE.8.M.1.3:	Demonstrate body management for successful participation in a variety of modified games and activities.	1, 2, 3, 4, 5,

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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, 6, 7
PE.8.M.1.6:	Demonstrate offensive, defensive and transition strategies and tactics.	1,5
PE.8.M.1.7:	Apply skill-related components of balance, reaction time, agility, coordination, power and speed to enhance performance levels.	1, 2, 3, 4, 5, 6, 7
PE.8.M.1.8:	Apply technology to evaluate, monitor and improve individual motor skills.	
PE.8.M.1.9:	Select and utilize appropriate safety equipment.	1, 6, 7
PE.8.R.5.1:	List ways to act independently of peer pressure during physical activities.	1, 4
PE.8.R.5.2:	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	1, 2
PE.8.R.5.3:	Demonstrate sportsmanship during game situations.	1, 3, 4, 5, 6, 7
PE.8.R.5.4:	Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.	1, 2, 3, 5, 6, 7
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

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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.	5, 6, 7
PE.8.R.6.2:	Describe the potential benefits of participation in a variety of physical activities.	1, 2, 3, 4, 5,
PE.8.R.6.3:	Compare and contrast games, sports and/or physical activities from other cultures.	6, 7
MA.K12.MTR.1.1:	Actively participate in effortful learning both individually and collectively.	1, 2, 3, 4, 5, 6, 7
MA.K12.MTR.3.1:	Complete tasks with mathematical fluency.	1, 2, 3, 4, 5, 6, 7
MA.K12.MTR.5.1:	Use patterns and structure to help understand and connect mathematical concepts.	1, 2, 3, 4, 5, 6, 7
MA.K12.MTR.7.1:	Apply mathematics to real-world contexts.	4,
ELA.K12.EE.1.1:	Cite evidence to explain and justify reasoning.	8
ELA.K12.EE.4.1:	Use appropriate collaborative techniques and active listening skills when engaging in discussions in a variety of situations.	1, 2, 3, 4, 5, 6, 7
ELA.K12.EE.5.1:	Use the accepted rules governing a specific format to create quality work.	4, 8
ELA.K12.EE.6.1:	Use appropriate voice and tone when speaking or writing.	1, 2, 3, 4, 5, 6, 7

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ELD.K12.ELL.SI.1:	English language learners communicate for social and instructional purposes within the school setting.	1, 2, 3, 4, 5, 6, 7
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