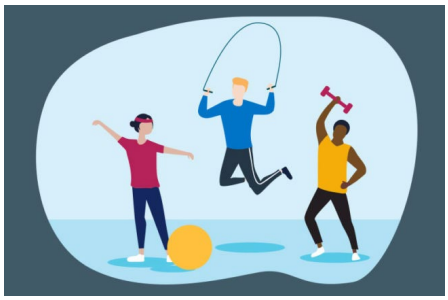


Middle School Health & Physical Education

8th Grade Fitness

Overview

The Middle School Health and Physical Education department continues to use the Pennsylvania State Standards to create meaningful lessons based on the individual benchmarks outlined in the standards. These standards can be found here.

The Pennsylvania Department of Education has outlined 5 categories for their standards in health and physical education. Students at all grade levels work on standards for concepts of health, healthful living, safety and injury prevention, physical activity, and concepts, principles and strategies of movement. Each of the standards has prescribed benchmarks that students work to achieve. The benchmarks for each standard describe what students should know and be able to do by the end of third, sixth, ninth, and twelfth grades.

In 8th Grade **Fitness** the units we go over are:

- Benefits of Exercise & Exercise Safety
    - *Based on Concepts of Health 10.1.E*
    - *Based on Healthful Living 10.2.D*
    - *Based on Safety & Injury Prevention 10.3.A & D*
    - *Based on Physical Activity 10.4.A, B, C, D, E*
- Components of Fitness (Cardio Endurance, Stamina, Strength, Flexibility, Power, Speed, Agility, Balance, Coordination, Accuracy)
    - *Based on Physical Activity 10.4.A, B, C, E*
    - *Based on Concepts, Principles, and Strategies of Movement 10.5.A, C, D*
- Creating Personalized Fitness Plans
    - *Based on Healthful Living 10.2.D*
    - *Based on Physical Activity 10.4.A, B, C, D, E*