

Course Title:	8th Grade PE
Grade(s):	8th

Course Description
In PE, students learn the importance of being active, making healthy choices, and treating others with respect. They are expected to participate fully, stay self-motivated, and show good citizenship and sportsmanship in every class. Students should cooperate with all classmates, follow directions, and maintain a positive attitude. Proper athletic attire—T-shirt, athletic shorts or sweatpants, and sneakers—is required. Our program focuses on healthy habits, fair play, good decision-making, and encouraging others while building foundational fitness and teamwork skills.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Tennis	In this unit, students are introduced to the fundamental skills of tennis, including proper grip, footwork, forehand and backhand strokes, and basic serving techniques. They will practice rallying with partners, learn scoring basics, and apply skills in modified gameplay. The focus is on cooperation, sportsmanship, and developing hand–eye coordination while building confidence in a fun, active environment.	September/October
Unit 2: Ultimate Frisbee	In this unit, students build skills and game understanding in the fast-paced, non-contact sport of Ultimate Frisbee. They develop key throwing and catching techniques—including backhand and forehand along with effective cutting, pivoting, and defensive positioning. Students also learn the rules of play, field boundaries, scoring, and basic offensive and defensive strategies.	September/October
Unit 3: Disc Golf	In this unit, students will learn the basic throws, rules, and scoring of disc golf while practicing accuracy, control, and safe play. They will work in small groups to	October/November

	play short courses and build skills they can use for a fun, lifelong activity.	
Unit 4: Floor Hockey	In this unit, students develop the skills and strategies needed to play floor hockey safely and competitively. They practice essential techniques such as proper stick handling, passing, receiving, shooting, and defensive positioning. Emphasis is placed on movement without the puck, communication with teammates, safety with the hockey stick, and maintaining control during fast-paced play.	November/December
Unit 5: Volleyball	In this unit, students learn the basics of volleyball through fun, active skill-building and team-based activities. Students practice essential skills such as serving (overhand and underhand), forearm passing (bumping), setting and scoring. The students will be focusing on game play strategies offensively and defensively. They also learn how to move safely on the court, communicate effectively with teammates, and understand the flow of a rally.	December/January
Unit 6: Fitness Unit (Obstacle Course and Olympics)	In this unit, students set personal fitness goals and explore the importance of physical fitness and learn how different types of exercise contribute to overall health. They practice a variety of activities that build the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, and flexibility. They apply these skills while navigating fun obstacle courses that challenge their agility, balance, and coordination. Students take part in fitness Olympic events that promote teamwork, friendly competition, and goal setting. Throughout the unit, the focus remains on effort, motivation, sportsmanship, and encouraging others while developing confidence and healthy lifelong habits.	January/February
Unit 7: Adventure Unit	In this unit, students will participate in team-building and adventure-based activities that promote cooperation, problem-solving, communication, and trust. Through challenges and group tasks, students will develop confidence, strengthen social skills, and learn the value of working together to achieve common goals.	February/March
Unit 8: Badminton	In this unit, students refine their racket skills and deepen their understanding of badminton strategy. They practice essential hitting techniques. Students also work on footwork, court awareness, and positioning to improve consistency and control during rallies.	April/May

Unit 9: Yoga	In this unit, students explore yoga as a way to improve strength, flexibility, balance, and mental well-being. They learn foundational poses such as mountain pose, warrior poses, downward dog, plank variations, and simple balance postures, along with safe alignment and breathing techniques. Students practice flowing sequences that build body awareness and control, while also learning how mindfulness and focused breathing can help reduce stress.	April/May
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