Physical Education: 8th Grade

Grade Level: 8th grade

Course Description: P.E. is a required course for all students. Only students who have a physician-documented limitation may be excused from P. E. The program offers students a wide variety of individual, dual and team activities. These activities build on the seventh grade introductory program and emphasize student participation. Physical fitness is emphasized throughout the year providing students an excellent opportunity to achieve success and have fun. The activities generally include soccer, basketball, volleyball, gymnastics, wrestling, hockey, figure skating, track and field, and softball.

Length: Semester

Prerequisites: None

Repeatable for additional credits: N/A

Learning Outcomes At a Glance

<table>
<thead>
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<th>QUARTER 1</th>
<th>QUARTER 2</th>
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<td><strong>Fitness Strand</strong>&lt;br&gt;Safety and Exercise</td>
<td><strong>Fitness Strand</strong>&lt;br&gt;Cardiovascular&lt;br&gt;Core</td>
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**Team Strand**<br>One of the following:<br>Flag Football<br>Soccer<br>**Teacher’s Choice** of one other Team Activity

**Individual/Dual Strand**<br>One of the following:<br>Weights<br>Tennis<br>Table Tennis

**Outdoor Strand**<br>Orienteering

**Muscular/Skeletal**<br>Weight Training

**Rhythms and Dance Strand**<br>Dance

**Teacher’s Choice of one other Team Activity**

*Fitness Component is woven throughout the school year.*

2/24/14