

ASD Academic Plan

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

QUARTER 1	QUARTER 2
<p>Fitness Strand Safety and Exercise</p> <p>Team Strand One of the following: Flag Football Soccer Teacher's Choice of one other Team Activity</p> <p>Individual/Dual Strand One of the following: Weights Tennis Table Tennis</p> <p>Outdoor Strand Orienteering</p>	<p>Fitness Strand Cardiovascular Core</p> <p>Muscular/Skeletal Weight Training</p> <p>Rhythms and Dance Strand Dance</p> <p>Teacher's Choice of one other Team Activity</p>
<i>* Fitness Component is woven throughout the school year.</i>	