

Independent School District of Boise City
Physical Education 8 **District Course #1103**

One-Semester Course

Prerequisite: Physical or Waiver

Content:

- Demonstrate competency in many movement forms and proficiency in a few movement forms.
- Exhibits a physically active lifestyle.
- Achieves and maintains a health enhancing level of physical fitness.

Course Description

- Students will develop basic skills in a number of target games.
- Students will demonstrate game strategies involved in goal games.
- Students will demonstrate competence in an individual activity.
- Students will use the F.I.T. principle to develop a personal fitness plan.
- Students will learn different health enhancing physical activity options.
- Students will participate in fitness enhancing physical activities outside of school.
- Students will apply basis principle of training to improve physical fitness.

Grades

Students will be graded on:

- Their knowledge of rules and content in a variety of activities.
- Social responsible behavior.
- Demonstration of proper skill techniques.
- Application of strategies during activities and games.
- Development of Personal Fitness Goals, which include both classroom and outside of the classroom activities.

Materials

Title: National Standards for Physical Education Authors: National Association for Sport and Physical Education (NASPE)

Publisher: McGraw Hill

Title: The President's Challenge

Authors: President's Council on Physical Fitness and Sport

Publisher: U.S. Department of Health and Human Services

Title: It's Not Just Gym Anymore

Author: Bane McCracken

Publisher: Human Kinetics

Title: PE 120C Physical Education 8

Author: Boise Curriculum Committee

Publisher: Boise School District

Physical Education – Grade 8		District Reference 1103
Unit 1	Demonstrate competency in many movement forms and proficiency in a few movement forms.	Time Frame Ongoing

Instructional Objective		Standard Reference	
1103.01 Demonstrate competence in skill recognition of a variety of movement forms.		8.1.1, 8.1.2	
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Displays the basic skills and safety procedures to participate target games	Complete Physical Ed. Ch.7, 14	TMA
Instructional Objective		Standard Reference	
1103.02 Demonstrate competence in modified versions of a variety of movement forms.		8.2.1, 8.2.2	
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Explains and demonstrates game strategies involved in playing goal games.	Complete Physical Ed. Ch. 11, 13, 15	TMA
02	Demonstrates competence in an individual activity	Complete Physical Ed. Ch. 5, 7, 10	TMA

Unit 2	Exhibits a physically active lifestyle	Time Frame Ongoing
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Instructional Objective		Standard Reference	
1103.03 Establish personal physical activity goals.		8.3.1, 8.3.2	
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Shall use the F.I.T.T. principle to develop a personal fitness plan.	Complete Physical Ed. Ch. 3, 4	TMA
Instructional Objective		Standard Reference	
1103.04 Participate in health-enhancing physical activities (in and out of the physical education class).		8.4.1	
No.	Performance Objective	Resource Reference	Assessment Correlation
01	List information for participation in several health-enhancing physical activities.	Complete Physical Ed. Ch. 3,4	TMA

Unit 3	Achieves and maintains a health-enhancing level of physical fitness.	Time Frame Ongoing
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Instructional Objective 1103.05 Participates in a variety of health-related fitness activities in both school and non-school settings.			Standard Reference 8.4.2
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Participates in fitness-enhancing physical activities outside of the school (e.g. gymnastic clubs, community sponsored youth sports.)	Complete Physical Ed. Ch. 3, 4	TMA
Instructional Objective 1103.06 Understand and apply basic principles of training to improving physical fitness.			Standard Reference 8.4.1
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Correctly demonstrate various strength-training techniques.	Complete Physical Ed. Ch. 3, 4	TMA