

Physical Education Eighth Grade

Fitness planning for lifelong movement,
health, and wellness

Goal setting

influential factors

height, weight, nutrition, rest and sleep,
physical activity

highly skilled characteristics

self assessment tools

portfolio

log

fitness plan development with instructor

realistic goals to improve health-related
fitness components

health-enhancing physical activity

safe participation in atypical conditions

variety in geographic area

Performance

routines, games, and sports

manipulative skills

biomechanics

transfer across activities

interdisciplinary application

strategy

offense and defense for scoring

KEY:

Unifying Theme

Organizing Concept

Supporting Concept

Explicit Connection

Supporting Connection

ICON KEY: Prepared Graduate Competencies

Movement Competence

Movement Understanding

Regular Physical Activity

Physical Fitness

Emotional and Social Wellness

Safety