

8th Grade At A Glance

Themes <i>Duration</i>	Movement	Fitness	Attitude	Benchmark Rubric
Chapter 1 Intro to PA & Fitness <i>One Week</i>	8.1AG Team Building 8.1G Individual Participation	8.3D 8.4ABC(F.4B)Levels of Fitness 8.5B(F.3A)Proper Attire 8.5CE(F.3C) Warm-up/cool-down, Hydration and Sun Safety	8.6A8.7B(F.2AB) Cooperative Attitudes	BM FL.1
Health Related Fitness *Fitnessgram *Activitygram <i>Two Weeks</i>	8.1C Cardiovascular Endurance 8.2CE Goal setting and feedback	8.3FG Flexibility, Muscular Strength & Endurance 8.3H(F.4E)Evaluate Personal Goals & Improvement 8.3I Computer Technology 8.5A Use equipment safely	8.7B Cooperative Groups 8.7E Positive Peer Interaction & Encouragement	BM FL.2 BM FL.4 BM FL.7
Chapter 2 Learning Skills for Enjoying PA <i>One Week</i>	8.1CG Motor Skills 8.1F (F.4C)Skill-Related Fitness 8.2AC Principles of Practice 8.2F Levers	8.3BC, 8.4F Extracurricular PA 8.3E MVPA 8.3I Pedometers & HR Monitor Technology (F.4ACD)Compare/Contrast Health & Skill -Related Fitness	8.7BE Cooperative Groups in Safe Setting 8.7D (F.2B)Sportsmanship	BM FL.1 BM FL.2
Chapter 3 Lifestyle PA *Walking *Active Movement *Tennis *Dance <i>One Week</i>	8.1DE Creative & Aerobic Dance 8.1G Individual Participation 8.2F (F.1B)Force (F.1A)FIT	8.3CD, 8.4ABC(F.4ABF.5A)level I 8.3E MVPA 8.3HI Activitygram 8.3I Pedometer & HR Monitor Technology 8.4E FIT 8.5BC Proper Attire	8.7AChanging Fitness Attitudes 8.7E Appreciate Individual Difference	BM FL.3 BM FL.5
Chapter 4 Active Aerobics <i>Two Weeks</i>	8.1ABFG Small Sided Activities 8.1C Cardiovascular Endurance 8.1D Step Aerobics	8.3AC Instant Activities 8.3D 8.4ABC(F.4B)Level II 8.3E MVPA 8.3I (F.4E)HR Monitor & Pedometer Technology 8.4BC Aerobic Activities 8.5A Use Equipment Safely	8.6A, 8.7C (F.2A)Following Rules 8.7BE(F.2B)Cooperative Dynamics	BM FL.4
Chapter 5 Active Sports and Recreation <i>Two Weeks</i>	8.1F(F.4C) Specialized Skills 8.1ABFG Small Sided Games 8.1AGI Team sports 8.2BG Individual Sports 8.2F (F.1B)Biomechanical	8.3BE MVPA-Lifetime Activities 8.3I HR Monitor and Pedometer Technology 8.4ABC(F.4B)level II 8.4F(F.5AB) Stress Reduction	8.6A 8.7C (F.2A)Following Rules 8.7AB(F.2B) Cooperative Group Dynamics and problem solving 8.7D Sportsmanship	BM FL.5

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	Principles	8.5C Instant Activities		
Chapter 6 Flexibility Exercises <i>One weeks</i>	8.2DE Feedback 8.2F Range of Motion (F.1A)FIT	8.3E MVPA 8.3F Flexibility, BS Sit & Reach 8.4ABC(F.4BG)level III 8.4E FIT 8.5A (F.3AB)Proper Use of Equipment	8.7BE Peer Interaction	BM FL.4 BM FL.6 BM FL.7
Chapter 7 Muscle Fitness Exercises <i>Two Weeks</i>	8.1C Muscular Endurance 8.2C (F.3D)Goal setting 8.2E Feedback 8.2F(F.1B) Resistance	8.3E MVPA 8.3G(F.4E) Trunk Lift, Curl-ups & Push-ups 8.4ABC(F.4BF) Level III 8.4E (F.3A)Weight Training 8.4H(F.4D) Supplements 8.5D (F.3B)Injury Prevention	8.7BE Positive Peer Interaction	BM FL.2 BM FL.4 BM FL.7 BM FL.8
Chapter 8 Body Composition, PA, & Nutrition <i>Two Weeks</i>	8.2F (F.1B) Efficiency 8.1ABFG Small Sided Games	8.3I HR Monitor Technology 8.4D My Pyramid 8.4FG(F.3CD, F.5DEG)Nutrition, Myths & Risk Factors (F.4H)Marketing Claims on Fitness 8.5D (F.5C) Body Composition & Disorders	8.7B Cooperative groups 8.7E Appreciate Individual Differences	BM FL.8
Chapter 9 Planning for Physical Activity <i>Two Weeks</i>	8.1A Team activities 8.1CH Walking/Jogging 8.1D Aerobics/Dance 8.1FG(F.1A)Individual Activities	8.3H(F.4AG) Personal Fitness Program 8.3H Activitygram 8.4ABC(F.4B)All levels 8.4E FIT 8.5C (F.3C)Warm-up & Cool Down Activities (F.5F) Balanced Lifestyle	8.6B Fundamental Components 8.7D (F.2B)Sportsmanship 8.7E Personal Fitness	BM FL.5 BM FL.9