

Focus: Students will use all knowledge acquired, and developed skills, to perform and analyze a variety of activities and movements. Using various forms of fitness, students will improve their personal fitness profile. Students will continue to demonstrate daily activity and effort to further understand the connection between exercise and brain development. Cooperative learning will continue through building strategies, goal setting, and student-centered leadership.				
Manipulative/ Locomotor	Understanding: Students will demonstrate and analyze manipulatives and locomotor skills and combination of these skills across a variety of activities.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
8.PE.1	Students who demonstrate understanding will be able to:			
8.PE.1.1	Compare and contrast movement patterns and the effectiveness in game play across multiple sports.	IL 19.B.3a		
8.PE.1.2	Demonstrate effective movement patterns as an individual in game play.	IL 19.A.3a, S1.M12.8, S1.M13.8, S1.M14.8, S1.M15.8, S1.M18.8, S1.M19.8		
8.PE.1.3	Demonstrate effective movement patterns on a team/as a team in game play across multiple sports.	IL 19.A.3b, S1.M2.8, S1.M3.8, S1.M4.8, S1.M5.8, S1.M11.8, S1.M21.8		
8.PE.1.4	Demonstrate and analyze mechanically correct form in a variety of locomotor, non-locomotor and manipulative skills.	IL 19.A3a, IL19.B.3a		
8.PE.1.5	Apply biomechanical principles to mechanically correct form and predict the result of changing the biomechanical principle.	IL.19.A3a, S1.M8.8, S1.M9.8,		
8.PE.1.6	Identify personal performance factors that impact the outcome of activity, games or sports.	IL.19.A.3a		
Fitness:	Understanding: Students will continue to build a fitness profile through monitoring of fitness and regular fitness based activities.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
8.PE.2	Students who demonstrate understanding will be able to:			
8.PE.2.1	Identify, apply, and participate in activities that promote the health-related fitness components.	IL20.A.3b		
8.PE.2.2	Monitor exercise intensity in three ways with and without technology.	IL20.B.3a , S3.M8.8		
8.PE.2.3	Create an effective fitness plan for another person or self.	IL 20.C.3c, S3.M4.8, S3.M11.8		
8.PE.2.4	Set short term and long term goals for health-related fitness components.	IL20.C.3a , IL 1C.3a, SEL 1C.3a		
8.PE.2.5	Identify opportunities and participation in regular physical activity.	IL20.C.3b, S3.M2.8, S3.M3.8,		
8.PE.2.6	Apply training principles to the health-related fitness goals.	IL20.C.3c		
8.PE.2.7	Participate in various fitness training programs.	IL20A. 3a		
8.PE.2.8	Explain the effects and limitations of various fitness programs.	IL.20A.3b		
Strategies/Rules	Understanding: Students will be able to work with other students to create and/or demonstrate rules of games, strategies for successful play and behaviors to promote safe play in all games and activities.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
8.PE.3	Students who demonstrate understanding will be able to:			
8.PE.3.1	Apply and combine offensive, defensive, and cooperative strategies across multiple activities (work, leisure, team sports, individual sports, etc)	IL 19.C.3b, S1M6.8, S1.M7.8 S2.M1.8, S2.M1.8, S2.M7.8, S2.M8.8,		
8.PE.3.2	Describe reasons offensive and defensive strategies are effective in game play of multiple sports.	IL 19.C.3b		
8.PE.3.3	Apply rules and safety procedures in physical activities.	IL19.C.3a		
8.PE.3.4	Observe and critique manipulative skill and biomechanical principles of a classmate or self.	IL.19.B.3a		
Cooperative	Understanding: Students will be able to create, discuss and demonstrate appropriate behavior in Physical Education individually and with peers.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
8.PE.4	Students who demonstrate understanding will be able to:			
8.PE.4.1	Follow directions and decisions of teachers or other teacher appointed students (leadership).	IL 21.A.3a		
8.PE.4.2	Create and follow expectations within teams across a variety of sports to promote teamwork, sportsmanship, and other teamwork aspects.	IL 21.A.3b, IL 2C.3a		
8.PE.4.3	Follow established routines.	IL 21.A.3a		
8.PE.4.4	Remain on task independent of distractions.	IL 21.A.3c, S4.M1.8,		

