

8th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Movement, Endurance, and Holistic Health

Version May/2025

1. Introduction

The Role of Physical Education in 8th Grade

In 8th grade, physical education focuses on refining movement techniques, enhancing physical conditioning, and fostering health-conscious habits. Students explore individual and team-based physical activities, applying biomechanical principles, self-assessment, and ethical decision-making. Through sports, fitness routines, and wellness practices, learners cultivate lifelong physical literacy, resilience, and social responsibility.

By the end of this course, students will:

- ✓ **Demonstrate coordination, endurance, and control in diverse physical contexts.**
- ✓ **Understand physiological and psychological benefits of exercise.**
- ✓ **Practice fair play, empathy, and leadership in group activities.**
- ✓ **Set and evaluate personal fitness and wellness goals.**
- ✓ **Analyze safety and social dynamics in physical education environments.**

2. Core Competence Areas

PE.1 Movement and Physical Literacy

Learning Outcomes

By the end of this course, students will be able to:

- ✓ **Execute foundational and advanced movement patterns with precision.**
- ✓ **Apply biomechanical concepts to optimize performance.**
- ✓ **Practice effective warm-up, flexibility, and recovery strategies.**

Competencies

PE.1.A.1 – Mastering movement foundations and sport-specific drills.

- Perform agility sequences and stability drills.
- Improve mechanics in sports such as basketball, volleyball, and track.
- Analyze movement efficiency and form for skill improvement.

PE.1.A.2 – Designing and applying safe warm-up and recovery routines.

- Create dynamic warm-up and static stretching plans.
- Apply knowledge of muscle fatigue, hydration, and injury prevention.
- Reflect on personal movement readiness and recovery processes.

PE.2 Physical Conditioning and Endurance Training

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Understand the impact of exercise on body systems.**
- ✓ **Monitor and improve cardiovascular and muscular fitness.**
- ✓ **Apply training principles to build personalized fitness regimens.**

Competencies

PE.2.A.1 – Understanding exercise types and body responses.

- Identify aerobic vs. anaerobic activities.
- Use heart rate monitoring for training feedback.
- Connect exercise to mental clarity, bone health, and stress reduction.

PE.2.A.2 – Planning and executing fitness improvement routines.

- Create SMART fitness goals and track them.
 - Engage in interval, resistance, and circuit training.
 - Reflect on consistency and its impact on progress and well-being.
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PE.3 Fair Play, Ethics, and Safety in Sport

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate sportsmanship, leadership, and conflict resolution.**
- ✓ **Follow safety practices during games and physical tasks.**
- ✓ **Cultivate inclusive, respectful, and socially aware behavior.**

Competencies

PE.3.A.1 – Practicing ethical communication and team leadership.

- Use respectful language during play and peer feedback.
- Resolve conflicts using collaborative strategies.
- Lead teams or exercises with focus on equity and support.

PE.3.A.2 – Ensuring physical safety and inclusion.

- Follow rules for safe participation in high-impact sports.
 - Adapt physical activities for diverse ability levels.
 - Recognize and prevent exclusion or bullying in PE settings.
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PE.4 Understanding Health and the Effects of Exercise

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Examine the mind-body connection in physical activity.**
- ✓ **Integrate wellness strategies for holistic development.**
- ✓ **Promote lifelong fitness and self-care practices.**

Competencies

PE.4.A.1 – Exploring the mental and emotional benefits of exercise.

- Explain how movement supports mood regulation and focus.
- Contrast the effects of active vs. sedentary lifestyles.
- Reflect on body image, self-confidence, and personal growth.

PE.4.A.2 – Designing a holistic wellness strategy.

- Combine rest, hydration, and nutrition in training routines.
- Practice breathing techniques and mindfulness for recovery.
- Build a wellness plan for academic and athletic balance.

PE.5 Sports in Cultural and Social Context

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Investigate the global significance of sport and physical expression.**
- ✓ **Reflect on personal and cultural influences on physical activity.**
- ✓ **Promote equity and inclusion through movement.**

Competencies

PE.5.A.1 – Analyzing sport as a cultural and global phenomenon.

- Study traditional games and athletic traditions worldwide.
- Compare sports from local and international contexts.
- Explore access to sport and its role in global health.

PE.5.A.2 – Connecting movement to identity and social values.

- Examine personal sport preferences and cultural influences.
 - Participate in inclusive activities honoring diverse traditions.
 - Build respect and understanding through physical practice.
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3. Assessment and Evaluation

Formative Assessments – Building Daily Awareness

- ✓ Movement skill checklists (coordination, flexibility, balance).
- ✓ Endurance and goal-setting journals.
- ✓ Peer feedback sessions focused on sportsmanship and performance.

Summative Assessments – Mastery Demonstration

- ✓ Personal Fitness Portfolio with goal tracking and reflections.
- ✓ Sport analysis paper or team strategy presentation.
- ✓ Final skills performance during fitness or game challenge.

Authentic Assessment – Real-World Applications

- ✓ Student-led warm-ups or training circuits.
 - ✓ Participation in individual and team sports.
 - ✓ Demonstrate learned skills in peer coaching or community events.
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4. Instructional Strategies for Online Learning

Inquiry-Based and Reflective Learning

- ✓ Discuss real-life “What would you do if...?” scenarios.
- ✓ Use weekly journaling to track the physical-emotional connection.

Project-Based Learning (PBL)

- ✓ Plan and monitor a multi-week personal or group training plan.
- ✓ Develop a wellness campaign or peer-led sports demonstration.

Technology-Integrated Learning

- ✓ Use Strava, Apple Health, or Google Fit for tracking progress.
- ✓ Record technique using video for self or peer review.
- ✓ Access curated content from YouTube or PE platforms for practice.

Inclusive and Growth-Oriented Culture

- ✓ Foster respect, effort, and goal-oriented mindsets.
- ✓ Differentiate activities to include all ability levels.
- ✓ Celebrate progress and effort as well as achievement.

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