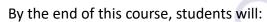
8th Grade American Online School PHYSICAL EDUCATION CURRICULUM Movement, Endurance, and Holistic Health

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.



- **✓** 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.

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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.

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.

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.

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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.

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.

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.

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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.

