

## WEST DEPTFORD SCHOOL DISTRICT

Content Area: Physical Education			
Course Title: 8th grade PE			Grade Level: 8
<b>Quarter 1</b>			9 weeks
Activity 1: Run Program Activity 2: Fitness Testing Activity 3: Flag Football			
<b>Quarter 2</b>			9 weeks
NO PE (HEALTH ONLY)			
<b>Quarter 3</b>			9 weeks
Activity 1: Pillow-polo hockey Activity 2: Volleyball Activity 3: Fitness Circuits			
<b>Quarter 4</b>			9 weeks
Activity 1: Fitness Testing Activity 2: Kickball			
<i>Date Created: August 2022</i> <i>Revised: August 2022</i>		<i>Board Approved on: August 2022</i> <i>Revised Board Approved: August 2022</i>	

**WEST DEPTFORD SCHOOL DISTRICT**  
**8th Grade PE Pacing Guide 2022 – 2023**

<b>Quarter Number</b>	<b>Title</b>	<b>DATES</b>	<b>Number of Days</b>
1	Run Program	September/October	+20
	Fitness Testing	September/October	+20
	Flag Football	October/November	+20
2	NO PE (Health only)	November-January	+45
3	Pillow-polo hockey	January-March	+20
	Volleyball	January-March	+20
	Fitness Circuits	January-March	+20
4	Fitness Testing	April/May	+20
	Kickball	May/June	+30

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**8th Grade PE Pacing Guide 2022 – 2023**

Quarter Number	Skill	Instructional Period	Number of Days
Q1	<p><b><i>Run program, Fitness Tests, Flag Football</i></b>            -Combine and use movement and handling skills            -Refine individual and group activity skills            -Improve skill performance            Apply offensive and defensive            -Follow rules and safety procedures            -Analyze, and correct movements and apply to refine movement skills.            -Manage emotions during physical activity and demonstrate sportsmanship            -Use measurement assessment data to set personal fitness goals            -Apply basic training principles</p>	9/12-11/18	+-45
Q2	NO PE	11/2022-1/2023	
Q3	<p><b><i>Pillow-polo, Volleyball, Fitness Circuits</i></b>            -Combine and use movement and handling skills            -Refine individual and group activity</p>	1/2023-3/2023	+-45

	<p>skills</p> <ul style="list-style-type: none"> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> </ul>		
Q4	<p><b><i>Kickball and Fitness Tests</i></b></p> <p>Combine and use movement and handling skills</p> <ul style="list-style-type: none"> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> </ul> <p>-Use measurement assessment data to set personal fitness goals</p> <ul style="list-style-type: none"> <li>-Apply basic training principles</li> </ul>	4/2023-6/2023	+45

# WEST DEPTFORD SCHOOL DISTRICT

## PE Lesson Plan Format

{45 Minutes of Instruction}

### OPENING

5 minutes

- Warm-ups (independent)

### SETTING THE STAGE

5 minutes

*Objectives- Purpose of lesson and expectations*

*Equipment needed- What do we need to be successful*

### TEACHER LED INSTRUCTION

10 minutes

*Activity- What is the activity*

*Learning plan- Teacher led explanation/demonstration, safety concerns*

### STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

*Performance task- Independent student led activity*

*Assessment- Teacher observation*