

Elizabethtown Area School District Curriculum
Related Arts

Grade, Course: 8, Fitness and Weight Training

Strand:

Participation in physical activity impacts wellness throughout a lifetime.

National Content Area Standards:

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4 - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

PA Content Area Standards:

10.4.6.A: Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.F: Identify and describe positive and negative interactions of group members in physical activities.

leading

following

teamwork

etiquette

adherence to rules

10.5.6.F: Identify and apply game strategies to basic games and physical activities.

give and go

one on one

peer communication

10.5.6.D: Describe and apply the principles of exercise to the components of health- related and skill-related fitness.

cardiorespiratory endurance

muscular strength

muscular endurance

flexibility

body composition

10.5.9.D: Identify and describe the principles of training using appropriate vocabulary.

specificity

overload

progression

aerobic/anaerobic

circuit/interval

repetition/set

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PA Core Standards: CC.3.5.6-8.B. Determine the central ideas or conclusions of a text; provide an accurate summary of the text distinct from prior knowledge or opinions.	
Essential Questions: What are the 5 components of fitness? What is the difference between a rep and a set?	Understandings: Students will understand THAT . . . The students will understand the benefits of weight training/fitness. The students will understand that if using proper lifting technique, weight training is safe and beneficial for kids and their overall wellness.
Knowledge: Location of muscles (7 th and 8 th) Safe use of machines/weights Which machines work specific muscles (8 th)	Skills: Demonstrate proper lifting techniques Modify machine exercise by using bands

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Grade, Course: 8, Football

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give and go

one on one

peer communication

PA Core Standards:

Essential Questions:

What is the proper technique for throwing a football?

What is the proper technique for catching a football?

What is the role of each position?

Understandings: Students will understand THAT . . .

Teamwork is important in football

The scoring in football. A touchdown is worth how many points? A field goal is worth how many points?

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<p><u>Knowledge:</u> Cues for throwing a football. Cues for catching a football The role of each position. Rules of the game</p>	<p><u>Skills:</u> Physically performing the skills (throwing and catching) Showing an understanding for the rules of the game.</p>
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Grade, Course: 8th, Hockey	
Strand: Participation in physical activity impacts wellness throughout a lifetime.	
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PA Content Area Standards: 10.4.6.A: Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.6.F: Identify and describe positive and negative interactions of group members in physical activities. leading following teamwork etiquette adherence to rules 10.5.6.F: Identify and apply game strategies to basic games and physical activities. give and go one on one peer communication	
PA Core Standards:	
Essential Questions: What safety measures do we take to ensure safe game play? What rules are used during our hockey game? Why is every team member valuable?	Understandings: Students will understand THAT . . . The students will understand that safety has to be the top priority. The students will understand that including all teammates is crucial to success.

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<p><u>Knowledge:</u> Safety is important Teamwork is crucial to success Physical activity can be fun Rules of the game</p>	<p><u>Skills:</u> Students will be able to demonstrate safety during game play Students will be able to include all team members Students will demonstrate puck and stick control.</p>
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Elizabethtown Area School District Curriculum
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Grade, Course: 8th, Softball

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Related Arts

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leading

following

teamwork

etiquette

adherence to rules

10.5.6.F: Identify and apply game strategies to basic games and physical activities.

give and go

one on one

peer communication

PA Core Standards:

Essential Questions:

How many players are on a field?

What are the names of the positions?

What are the rules of the game?

Understandings: Students will understand THAT . . .

Softball is very similar to baseball

Softball involves hand to eye coordination

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<p><u>Knowledge:</u> How many players are on a field? What are the names of the positions? What are the rules of the game?</p>	<p><u>Skills:</u> Throwing, catching, hitting</p>
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Elizabethtown Area School District Curriculum
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Grade, Course: 8th, Volleyball

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PA Content Area Standards:

10.4.6.A: Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.

10.4.6.F: Identify and describe positive and negative interactions of group members in physical activities.

- leading
- following
- teamwork
- etiquette
- adherence to rules

10.5.6.F: Identify and apply game strategies to basic games and physical activities.

- give and go
- one on one
- peer communication

PA Core Standards:

Essential Questions:

- What is the proper technique for serving?
- What is the proper technique for the forearm pass?
- What is the proper technique for the set?

Understandings: Students will understand THAT . . .

Communication is very important in the game of volleyball.

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<p><u>Knowledge:</u> What is the proper technique for serving? What is the proper technique for the forearm pass? What is the proper technique for the set? Rules of the game</p>	<p><u>Skills:</u> Serving, setting, forearm pass Scoring</p>
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Elizabethtown Area School District Curriculum
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Grade, Course: 8, World Games	
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PA Core Standards:	
Essential Questions: In which country did this particular sport originate (Handball, Omnikin, Tchouckball, Broomball)?	Understandings: Students will understand THAT . . . Not all of our sports originated in the United States.

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<p><u>Knowledge:</u> Know what country is responsible for the development of the sports that we are including in this unit.</p> <p>The rules of the games that are used.</p> <p>Develop strategies beyond the basic skills (8th grade)</p>	<p><u>Skills:</u> Work as a team Communication Safe play Development of strategies Hand/Eye coordination</p>
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