

**Calendar-Based Curriculum Map: Physical Education
Pleasant Hope Ranch School Grade: Eighth**

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Aug	How are rules and etiquette important concepts in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness	Quizzes Teacher Observations	Ranch School PE Rules and Expectations Daily classroom participation
	What fitness level is considered healthy for someone in the 8th grade?	Health-related fitness assessments Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups	President's Challenge FitnessGram Manuals FitnessGram audio CD Globe Fearon Fitness for Life 4th edition Chapter 1, Ranch PE Book Personal Fitness Testing Record
Aug	What are the effects of a sedentary lifestyle on the muscular and skeletal systems?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1D) HPE 1, HPE 4, NH 1	Quiz Skill Performance	Weight Room Instruction Maximum Bench Press Globe Fearon - Fitness for Life, 4th edition
	How is safety an important concept in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness	Quiz	Gym
	What are safe and unsafe practices of using fitness equipment?	Injury Prevention, Treatment, and Rehabilitation	Physical Activity and Lifetime Wellness (PA3A) HPE 4, NPE 2	Teacher Observation Quiz	Weight Room

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Aug / Sept	Can the student explain sport history?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz	Ranch PE Book Disc Golf Textbook Instruction Presentation
	What is the terminology, scoring, etiquette, safety principles, and rules appropriate for outdoor pursuits and recreational activities?	Sports Skills and Lifetime Activities	Human Movement and Performance	Quiz, Wordsearch	Ranch PE Book Disc Golf Textbook Disc Golf Instructional Videos Instruction Presentation
	Does the student apply skill techniques in an activity setting?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation	Disc Golf Equipment Ranch Disc Golf Course
	Does the student demonstrate an intermediate level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance Disc Golf Scorecard	Disc Golf Equipment Ranch Disc Golf Course
	Does the student analyze selected skills and correct errors to improve skill technique?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance Disc Golf Scorecard	Disc Golf Equipment Ranch Disc Golf Course
	Does the student demonstrate an increased level of competence in a variety of outdoor pursuits and/or recreational activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2C) HPE 4, NPE 1	Teacher Observation Individual Performance Disc Golf Scorecard	Disc Golf Equipment Ranch Disc Golf Course Disc Golf Tournament

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Aug / Sept	Does the student demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5	Teacher Observation	Gym Ranch Disc Golf Course
Oct / Nov	Can the student explain sport history?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz	Ranch PE Book Instruction Presentation
	What is the terminology, scoring, etiquette, safety principles, and rules appropriate for individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance	Quiz, Wordsearch	Ranch PE Book Baseball Instructional Videos Instruction Presentation
	Does the student apply skill techniques in an activity setting?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation	Whiffle Ball and Plastic Bat Gym
	Does the student demonstrate an intermediate level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance	Whiffle Ball and Plastic Bat Gym
	Does the student analyze selected skills and correct errors to improve skill technique?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Whiffle Ball and Plastic Bat Indoor Bases, Gym

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Oct / Nov	Does the student demonstrate an increased level of competence in skill techniques in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B)	Teacher Observation Individual Performance Homerun Derby Score Team Win / Loss Record	Whiffleball and Plastic Bat Indoor Bases, Orange Cones Gym Whiffleball Game Homerun Derby Game
	Can the student analyze play of their opponent and apply offensive and defensive strategies in a game setting?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B)	Teacher Observation Individual Performance Team Win / Loss Record	Whiffleball and Plastic Bat Indoor Bases Gym Whiffleball Game
	Does the student demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5	Teacher Observation	Gym Ranch Disc Golf Course

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Nov	Can the student apply skill techniques, scoring, and safety practices in an activity setting?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance	Shuffleboard Equipment Shuffleboard Game Gym
	Does the student demonstrate an intermediate level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance	Shuffleboard Equipment Shuffleboard Game Gym
	Can the student analyze play of their opponent and apply defensive and offensive techniques?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Individual Performance Team Win / Loss Record	Shuffleboard Equipment Shuffleboard Game Gym
	Does the student demonstrate an increased level of competence in skill techniques and scoring in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Individual Performance Team Win / Loss Record	Shuffleboard Equipment Shuffleboard Game Gym
	Does the student demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5	Teacher Observations	Gym

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Nov / Dec	What fitness level is considered healthy for someone in the 8th grade?	Health-related fitness assessments Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press	President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record
Dec	What is the cause/effect of nutrition and exercise in maintaining a healthy weight? What are a variety of specific activities designed to reduce and manage stress?	Personal Fitness and Healthy Active Living Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2, NPE 3 Physical Activity and Lifetime Wellness (PA1B) HPE 2, NPE 3	Quizzes Worksheets Chapter Reviews Chapter Tests	Globe Fearon Fitness for Life, 4th edition Chapter 17 Video Globe Fearon Fitness for Life, 4th edition Chapter 18

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Jan	What is the effect of a sedentary lifestyle on the respiratory system?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1D)	Teacher Observation Individual Performance	Gym Orange Cones Stopwatch Conditioning
	What are the benefits of health-related fitness to the development of total fitness?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4	Teacher Observation Individual Observation Individual Performance	
Jan / Feb	Can the student explain sport history?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz	Ranch PE Book Instruction Presentation
	What is the terminology, scoring, etiquette, safety principles, and rules appropriate for individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance	Quiz, Wordsearch	Ranch PE Book Basketball Instructional Videos Instruction Presentation
	Does the student apply skill techniques in an activity setting?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation	Basketballs Gym
	Does the student analyze selected skills and correct errors to improve skill technique?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Basketballs Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Jan / Feb	Does the student demonstrate an intermediate level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance	Basketballs Gym
	Does the student demonstrate an increased level of competence in skill techniques in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Individual Performance Skills Competition Score	Basketballs Gym Individual Skill Competition
	Does the student demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5	Teacher Observation	Gym
Feb / March	Can the student explain sport history?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz	Ranch PE Book Instruction Presentation
	What is the terminology, scoring, etiquette, safety principles, and rules appropriate for individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance	Quiz, Wordsearch	Ranch PE Book Bowling Instructional Videos Instruction Presentation

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Feb / March	Does the student apply skill techniques in an activity setting?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation	Bowling Bowls Gym
	Does the student analyze selected skills and correct errors to improve skill technique?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Bowling Balls and Plastic Pins Gym
	Does the student demonstrate an intermediate level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance Bowling Scorecard	Bowling Balls and Plastic Pins Gym
	Does the student demonstrate an increased level of competence in skill techniques in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Individual Performance Bowling Scorecard	Bowling Balls and Plastic Pins Gym Bowling Tournament
	Does the student demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5	Teacher Observation	Gym

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April / May	Can the student explain sport history?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz	Ranch PE Book Instruction Presentation
	What is the terminology, scoring, etiquette, safety principles, and rules appropriate for individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance	Quiz, Wordsearch	Ranch PE Book Volleyball Instructional Videos Instruction Presentation
	Does the student apply skill techniques in an activity setting?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation	Volleyballs Gym
	Does the student analyze selected skills and correct errors to improve skill technique?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2A) HPE 4, NPE 2	Teacher Observation Individual Performance	Volleyballs Gym
	Does the student demonstrate an intermediate level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observation Individual Performance	Volleyball and Net Gym
	Can the student analyze play of their opponent and apply defensive and offensive techniques?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Individual Performance Team Win / Loss Record	Volleyball and Net Gym Volleyball Matches

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
April / May	Does the student demonstrate an increased level of competence in skill techniques in a variety of individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Individual Performance Team / Win Loss Record	Volleyball and Net Gym Volleyball Matches
	Does the student demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness (PA2A) HPE 2, NPE 5	Teacher Observation	Gym
May	What fitness level is considered healthy for someone in the 8th grade?	Health-related fitness assessments Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press	President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record