

Wyoming Department of Education Required Virtual Education Course Syllabus

2201001 - Washakie County School District No. 1

Program Name	Washakie #1 Online	Content Area	PE
Course ID	WOL-PE8F1	Grade Level	8
Course Name	WOL- Physical Education 8	# of Credits	NA
SCED Code	NA	Curriculum Type	K-12 Fuel Education

COURSE DESCRIPTION

K12's 8th grade physical education course continues students' introduction to health-related fitness components, dance, team sports, and lifetime activities. Students learn the essential principles to live a healthy, active lifestyle. The lessons give students exposure to many activities that can be incorporated into their daily lives today, tomorrow, and in the future.

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
PE 8.1.1	Students demonstrate movement skills and patterns in a variety of activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.2	Students demonstrate critical elements of specialized manipulative skills in modified team activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.3	Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.4	Students apply tactical concepts and performance principles in modified team activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.5	Students apply tactical concepts and performance principles in individual, dual, or lifetime activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.6	Students compare and contrast skills used for different movement patterns. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.7	Students analyze critical elements of specialized skills in a variety of activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.1.8	Students analyze the use of strategies and tactics in a variety of physical activities. *(CCSS ELA-Literacy RST.6-8.3,4,9)
PE 8.2.1	Students create and monitor a personal plan using current levels of fitness and physical activity. *(CCSS ELA-Literacy WHST.6-8.2,4,5,6,7,8,9) (CCSS ELA-Literacy RST.6-8.3)
PE 8.2.2	Students differentiate the health benefits associated with a variety of physical activities. *(CCSS ELA-Literacy WHST.6-8.7,8,9) (CCSS ELA-Literacy RST.6-8.4)
PE. 8.2.3	Students apply the principles, components, and practices of health-related fitness to improve short-term fitness goals. *(CCSS ELA-Literacy RST.6-8.4)
PE 8.2.4	Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 8.2.5	Students explain valid characteristics of fitness-related products, technology, and resources related to fitness literacy. *(CCSS ELA-Literacy WHST.6-8.4,6,7,8,9) (CCSS ELA-Literacy RST.6-8.4,8,9)
PE 8.3.1	Students develop and apply appropriate rules, safe practices, and procedures in physical activity settings.

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
PE 8.3.2	Students communicate effectively with others to promote respect and conflict resolution in physical activity settings.
PE 8.3.3	Students engage in challenging experiences that develop confidence and independence. *(CCSS ELA-Literacy WHST.6-8.10)
PE 8.3.4	Students engage in physical activities that promote self-expression and provide opportunities for social and group interaction. *(CCSS ELA-Literacy WHST.6-8.10)

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
<p>Unit 1: Health Benefits of Physical Fitness Students receive an overview of why physical fitness is important and how to prepare for workouts through stretching. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4	<p>Students:</p> <ul style="list-style-type: none"> • Review the importance of physical fitness • Learn how to keep track of exercise progress • Create a personal fitness plan based on current levels of fitness and physical activity • Monitor and log heart rate • Monitor and log fitness
<p>Unit 2: Create Your Physical Fitness Plan Students create a personalized, semester-long exercise and fitness program tailored to their specific interests and abilities. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.1.8 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.1 PE8.3.2 PE8.3.3 PE8.3.4	<p>Students:</p> <ul style="list-style-type: none"> • Create a personal fitness plan based on current levels of fitness and physical activity • Monitor and log heart rate • Monitor and log fitness
<p>Unit 3: Cardiovascular and Respiratory Health Students learn how regular cardiovascular exercise can help keep them fit for life. They find out how to measure their heart rate and gauge the effectiveness of their aerobic workout. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.2.3 PE8.2.4	<p>Students:</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the importance of cardiovascular exercise and its overall health benefits • Incorporate a variety of stretching techniques into your fitness program • Incorporate stretching into a daily exercise routine • Monitor and log heart rate • Monitor and log fitness

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
a parent or other responsible adult and submitted to the teacher.	PE8.3.1 PE8.3.2 PE8.3.3 PE8.3.4	
<p>Unit 4: Muscle Strength, Endurance, and Flexibility Students learn about the body's major muscle groups and how to exercise them safely and effectively. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4	<p>Students:</p> <ul style="list-style-type: none"> • Learn about major muscle groups and how to safely and effectively develop them • Demonstrate appropriate care and prevention of exercise-related injuries • Monitor and log heart rate • Monitor and log fitness
<p>Unit 5: Nutrition and Hydration Students learn what nutrients their body needs and how their body processes different types of food. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.2.1 PE8.2.2 PE8.2.4	<p>Students:</p> <ul style="list-style-type: none"> • Understand the value of eating a healthy diet • Explain the importance of fluids for your body • Monitor and log heart rate • Monitor and log fitness
<p>Unit 6: Safety and Treating Sports Injuries Students learn safety techniques and what to do in case of an injury. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.1.6 PE8.1.7 PE8.1.8 PE8.2.3 PE8.2.4 PE8.3.1 PE8.3.2 PE8.3.3 PE8.3.4	<p>Students:</p> <ul style="list-style-type: none"> • Demonstrate appropriate safety techniques to avoid injury • Monitor and log heart rate • Monitor and log fitness
<p>Unit 7: Judging Media Images and Marketing Claims Sports equipment companies promote idealized and sometimes unrealistic body images; other manufacturers tout their supplements, powders, or pills as a fast track to physical fitness. Students learn to distinguish between fact and fantasy. Students read online content in Lesson 1, and engage daily in a</p>	PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4	<p>Students:</p> <ul style="list-style-type: none"> • Students learn to distinguish between fact and fantasy. • Monitor and log heart rate • Monitor and log fitness

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physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.		
<p>Unit 8: Selection and Maintenance of Fitness Equipment</p> <p>Students learn how to make good decisions in choosing what equipment to buy and how to take care of it. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2	<p>Students:</p> <ul style="list-style-type: none"> • Students research fitness equipment • Students develop a plan and budget to purchase fitness equipment • Monitor and log heart rate • Monitor and log fitness
<p>Unit 9: Revise Your Physical Fitness Plan</p> <p>At the halfway point in the semester, students examine their progress, reassess their goals, and—if necessary—revise their plan. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.7 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.2.5 PE8.3.2	<p>Students:</p> <ul style="list-style-type: none"> • Monitor and log heart rate • Monitor and log fitness • Review fitness plan
<p>Unit 10: Individual Physical Activities/Sports</p> <p>Students learn benefits of working out on their own and individual sports. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2	<p>Students:</p> <ul style="list-style-type: none"> • Learn about and participate in a variety of individual sports • Monitor and log heart rate • Monitor and log fitness
<p>Unit 11: Team Sports and Competitive Activities</p> <p>Students learn about team sports and the thrill of competing. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2 PE8.3.4	<p>Students:</p> <ul style="list-style-type: none"> • Learn about and participate in a variety of team sports • Monitor and log heart rate • Monitor and log fitness
<p>Unit 12: Rules and Strategies</p> <p>Students examine one individual and one team sport in greater detail. They research the history, rules, strategies, and health benefits of the two sports. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log,</p>	PE8.1.1 PE8.1.2 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2	<p>Students:</p> <ul style="list-style-type: none"> • Select and research an individual and team sport and examine the fitness benefits of each one • Monitor and log heart rate • Monitor and log fitness

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<p>which is then signed by a parent or other responsible adult and submitted to the teacher.</p>		
<p>Unit 13: Personal and Social Behavior Students learn what constitutes good sportsmanship. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.6 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2	<p>Students:</p> <ul style="list-style-type: none"> • Learn about and model good sportsmanship during individual and team-based activities • Monitor and log heart rate • Monitor and log fitness
<p>Unit 14: Diversity and Multiculturalism Students learn about how those of different backgrounds and abilities have made the most of their opportunities in sports and physical activities. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.3 PE8.1.5 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2	<p>Students:</p> <ul style="list-style-type: none"> • Select and research an athlete of choice from around the world noting how they came to develop exceptional skills • Monitor and log heart rate • Monitor and log fitness
<p>Unit 15: Skill Enhancement: Motor Skills and Movement Patterns Students learn the principles of biomechanics and movement patterns, and gain an understanding of how basic physical laws govern athletic performance. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2 PE8.3.3	<p>Students:</p> <ul style="list-style-type: none"> • Learn about the principles of biomechanics and movement • Research the physical laws governing athletic performance • Monitor and log heart rate • Monitor and log fitness
<p>Unit 16: Career Options Students learn the wide variety of job opportunities that exist in sports and fitness fields. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	PE8.1.1 PE8.1.2 PE8.1.3 PE8.1.4 PE8.1.5 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2 PE8.3.3	<p>Students:</p> <ul style="list-style-type: none"> • Research and report on career opportunities in the field of sports and fitness • Monitor and log heart rate • Monitor and log fitness
<p>Unit 17: Lifelong Physical Fitness Students learn how the motivation and work ethic they acquire in this course can lead to long-term health benefits and a lifetime of physical fitness. Students</p>	PE8.1.1 PE8.1.2 PE8.1.4 PE8.2.1	<p>Students:</p> <ul style="list-style-type: none"> • Learn about a model a healthy work ethic as it relates to fitness and personal health • Monitor and log heart rate

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<p>read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.2.2 PE8.2.3 PE8.2.4 PE8.3.2</p>	<ul style="list-style-type: none"> • Monitor and log fitness
<p>Unit 18: Summarize Physical Fitness Experiences Students measure the progress they have made during the entire semester and decide whether they've achieved the goals they set at the beginning. Students read online content in Lesson 1, and engage daily in a physical activity of their choice for at least 30 minutes, recording what they've done in an activity log, which is then signed by a parent or other responsible adult and submitted to the teacher.</p>	<p>PE8.1.8 PE8.2.1 PE8.2.2 PE8.2.3 PE8.2.4</p>	<p>Students:</p> <ul style="list-style-type: none"> • Graphing Your Final Fitness Scores • Fitness Testing Goals