

# Cocalico School District

## Year-at-a-Glance - Curriculum Overview

**Department: Health/PE**

**Course: Fitness & Wellness**

**Grade Level: 8th**

### Big Ideas

- Participation in physical activity impacts wellness throughout a lifetime.
- Health concepts are essential for wellness and a health-enhancing lifestyle.
- Participation in enjoyable physical activities is essential for quality lifelong movement.
- Safety impacts individual and community well-being.

Units of Study	% of Course Time	Textbooks & Supplemental Materials	Assessments	Standards Addressed
Sports for Wellness <ul style="list-style-type: none"> <li>• Examples: Soccer, flag football, basketball, lacrosse, volleyball, softball, team handball, ultimate frisbee, speedball, tchoukball, floor hockey</li> </ul>	50%	<ul style="list-style-type: none"> <li>• Various sports equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Daily Grade</li> <li>• Game play/strategy evaluations</li> <li>• Quizzes</li> </ul>	<ul style="list-style-type: none"> <li>• 10.4.9.A,D,E,F</li> <li>• 10.5.9.A,B,C,F</li> </ul>
Personal Fitness <ul style="list-style-type: none"> <li>• Examples: Strength training, cardio training, workout videos, fitness testing</li> </ul>	30%	<ul style="list-style-type: none"> <li>• Weight room equipment</li> <li>• Cardio room equipment</li> <li>• Heart rate monitors</li> <li>• Projector &amp; fitness videos</li> </ul>	<ul style="list-style-type: none"> <li>• Daily grade</li> <li>• Heart rate monitors</li> <li>• Weight room programs</li> <li>• Fitness testing</li> </ul>	<ul style="list-style-type: none"> <li>• 10.3.9.D</li> <li>• 10.4.9.A,B</li> <li>• 10.5.9.D</li> </ul>
Lifetime Physical Activities <ul style="list-style-type: none"> <li>• Examples: Tennis, badminton, and lifetime games.</li> </ul>	10%	<ul style="list-style-type: none"> <li>• Various sports equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Daily grade</li> <li>• Game play/strategy evaluations</li> </ul>	<ul style="list-style-type: none"> <li>• 10.4.9.A,E</li> <li>• 10.5.9.A,B,C</li> </ul>
Health Concepts <ul style="list-style-type: none"> <li>• Examples: Fitness principles and components of fitness, nutrition, muscle groups, strength-training concepts, and cardio-training concepts.</li> </ul>	10%	<ul style="list-style-type: none"> <li>• McGraw Hill - "Teen Health" Textbook</li> <li>• Supplemental articles/websites</li> </ul>	<ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Health assignments/worksheets</li> </ul>	<ul style="list-style-type: none"> <li>• 10.1.9.C</li> <li>• 10.4.9.A,B,C</li> <li>• 10.5.6.D</li> <li>• 10.5.9.D</li> </ul>



### Eagle P.A.C.T. Course

Team sports are an excellent way to practice and apply all parts of the Eagle P.A.C.T. Problem solving, adaptability, communication, and teamwork are all essential in team sports.