

WV CSO Curriculum Planning Tool Eighth Grade Phys Ed Curriculum Map

Standard	Obj.#	Objective	Projected Date	Date Taught	Date Assessed	Date Re-Taught	Date Re-Assessed
Standard 1: Movement Forms	PE.8.1.1	implement basic offensive and defensive strategies while participating in modified team sports.					
	PE.8.1.2	implement basic offensive and defensive strategies while participating in modified individual and dual sports.					
	PE.8.1.3	implement basic strategies and safety procedures for success while participating in non-competitive lifetime physical activity (e.g., use a spotter when lifting weights, shift gears one at a time while climbing a hill on a bicycle).					
	PE.8.1.4	perform a variety of dances (e.g., square, line and social).					
Standard 2: Development of Motor Skills	PE.8.2.1	identify critical elements of skill for selected movement forms.					
	PE.8.2.2	identify characteristics of highly skilled performance.					
	PE.8.2.3	participate in teacher-designed program to improve performance.					
Standard 3: Physical Activity	PE.8.3.1	list benefits of physical activity.					
	PE.8.3.2	develop and implement a physical activity plan (e.g., where, when, cost, equipment, procedures).					
Standard 4: Physical Fitness	PE.8.4.1	meet the gender and age-appropriate health-related fitness standards defined in a selected program (e.g., P.P.F.T., FITNESSGRAM).					
	PE.8.4.2	apply knowledge of progression and overload (e.g., gradual increase in F.I.T.T.) in the development of a personal fitness program.					
	PE.8.4.3	assess personal fitness related to the five components of fitness (cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility) and participate in activities to improve specific fitness components.					
Standard 5: Responsible Personal and Social Behavior	PE.8.5.1	demonstrate appropriate behaviors in physical activity settings.					
	PE.8.5.2	identify situations that may lead to conflict and practice mediation skills.					
	PE.8.5.3	analyze the relationship of physical activity to social development.					
	PE.8.5.4	identify peer pressure on physical activity participation and performance					

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