

Course: Health and Physical Education
 Grade Level: 8th
 Textbook/Instructional Materials:

Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
September	Physical Fitness Testing	Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test Formative: Best Effort on Tests Summative: Fitness Standards for age and gender		<p>Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach). K.HR.07.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and flexibility with teacher guidance.</p> <p>IB Criterion/Strands: Objective C: Applying and performing</p> <ul style="list-style-type: none"> i. recall and apply a range of skills and techniques effectively ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively. <p>D Reflecting and improving performance</p> <ul style="list-style-type: none"> iii. analyse and evaluate performance

Course: Health and Physical Education
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				<p>techniques effectively</p> <p>ii. recall and apply a range of strategies and movement concepts</p> <p>iii. recall and apply information to perform effectively.</p> <p>D Reflecting and improving performance</p> <p>iii. analyse and evaluate performance</p>
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
November	Drug Use and Abuse	<p>Activities: Drug readings, videos, discussion, vocabulary</p> <p>Formative: answering questions pertaining to different drugs, class discussions</p> <p>Summative: vocabulary test</p>		<p>Curriculum Objectives:</p> <p>IB Criterion/Strands: A Knowing and understanding</p> <p>i. explain physical health education factual, procedural and conceptual knowledge</p> <p>iii. apply physical and health terminology effectively to communicate understanding</p>
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
December	Basketball Volleyball	Activities: Skills, Games, Modified Games		Curriculum Objectives: Standard 1: Demonstrates competency in a variety of

Course: Health and Physical Education

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		<p>Formative: skill practice, participation, adherence to rules of games, game play</p> <p>Summative: Ability to use skills correctly and participate in game play while keeping score and officiating their own game</p>		<p>motor skills and movement patterns; Standard 2: Applies knowledge of concepts, principles, strategies and tactics related to movement and performance; Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p>IB Criterion/Strands:</p> <p>A Knowing and understanding</p> <p>iii. apply physical and health terminology effectively to communicate understanding.</p> <p>Objective C: Applying and performing</p> <p>i. recall and apply a range of skills and techniques effectively</p> <p>ii. recall and apply a range of strategies and movement concepts</p>
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
January	Weights and Conditioning	<p>Activities:</p> <ul style="list-style-type: none"> Formative: Class discussions and participation Readings, answering questions, and 		<p>Curriculum Objectives:</p> <p>IB Criterion/Strands:</p> <p>A. Knowing and Understanding</p>

Course: Health and Physical Education

Grade Level: 8th

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		<ul style="list-style-type: none"> defining key terms • Note taking guides • Exercise programs • Reflections on programs • Summative: Distinguish the differences and benefits between exercise components, learn about the different aspects of each component, develop, follow, and adjust an exercise routine. • Research, develop, and follow an exercise routine that incorporates all the components of exercise. • The target audience is the student. • Researching, developing, and implementing an exercise program.. • You need to research, develop, follow, and adjust an exercise program that incorporates all the components of exercise (flexibility, strength, and cardiovascular fitness), follow it for 2 weeks, reflect on it as well as make any changes that may be necessary. • Your work will be graded on thoroughness of the program as well as the reflection piece. 		<ul style="list-style-type: none"> i. explain physical health education factual, procedural and conceptual knowledge iii. apply physical and health terminology effectively to communicate understanding B. Planning for Performance <ul style="list-style-type: none"> ii. describe the effectiveness of a plan based on the outcome D. Reflecting and Improving Performance <ul style="list-style-type: none"> iii. describe and summarize performance
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Course: Health and Physical Education
 Grade Level: 8th
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<p>February</p>	<p>Weights and Conditioning</p>	<p>Activities:</p> <ul style="list-style-type: none"> • Formative: Class discussions and participation • Readings, answering questions, and defining key terms • Note taking guides • Exercise programs • Reflections on programs • Summative: Distinguish the differences and benefits between exercise components, learn about the different aspects of each component, develop, follow, and adjust an exercise routine. • Research, develop, and follow an exercise routine that incorporates all the components of exercise. • The target audience is the student. • Researching, developing, and implementing an exercise program.. • You need to research, develop, follow, and adjust an exercise program that incorporates all the components of exercise (flexibility, strength, and cardiovascular fitness), follow it for 2 weeks, 		<p>Curriculum Objectives:</p> <p>IB Criterion/Strands:</p> <p>A. Knowing and Understanding</p> <p>i. explain physical health education factual, procedural and conceptual knowledge</p> <p>iii. apply physical and health terminology effectively to communicate understanding</p> <p>B. Planning for Performance</p> <p>ii. describe the effectiveness of a plan based on the outcome</p> <p>D. Reflecting and Improving Performance</p> <p>iii. describe and summarize performance</p>
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Course: Health and Physical Education

Grade Level: 8th

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		<p>reflect on it as well as make any changes that may be necessary.</p> <ul style="list-style-type: none"> Your work will be graded on thoroughness of the program as well as the reflection piece. 		
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
March	Archery	<p>Activities: Rules and safety, equipment discussion, history, target shooting, score keeping, archery games and activities</p> <p>Formative: skill practice, worksheets, modeling</p> <p>Summative: 11 steps test</p>		<p>Curriculum Objectives: Standard 4: Exhibits responsible personal and social behavior that respects self and others.</p> <p>3. Accepting feedback: Provides encouragement and feedback to peers without prompting from the teacher.</p> <p>5. Working with others: Cooperates with multiple classmates on problem-solving initiatives, including adventure activities, large-group initiatives, and game-play.</p> <p>7. Safety: Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.</p> <p>IB Criterion/Strands:</p>
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
April	Archery HIV and AIDS	<p>Activities: : Rules and safety, equipment discussion, history, target shooting, score</p>		<p>Curriculum Objectives: Standard 4: Exhibits responsible personal and social behavior that</p>

Course: Health and Physical Education

Grade Level: 8th

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		<p>keeping, archery games and activities, readings, worksheets</p> <p>Formative: skill practice, worksheets, modeling, class discussions</p> <p>Summative: End of unit test</p>		<p>respects self and others.</p> <p>3. Accepting feedback: Provides encouragement and feedback to peers without prompting from the teacher.</p> <p>5. Working with others: Cooperates with multiple classmates on problem-solving initiatives, including adventure activities, large-group initiatives, and game-play.</p> <p>7. Safety: Independently uses physical activity and fitness equipment appropriately, and identifies specific safety concerns associated with the activity.</p> <p>IB Criterion/Strands:</p>
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May	Physical Fitness Testing	<p>Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test</p> <p>Formative: Best Effort on Tests</p> <p>Summative: Fitness Standards for age and gender</p>		<p>Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and Reach). K.HR.07.07 understand how to self-assess health-related fitness status for muscular strength and endurance, and</p>

Course: Health and Physical Education
 Grade Level: 8th
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				flexibility with teacher guidance. IB Criterion/Strands: Objective C: Applying and performing i. recall and apply a range of skills and techniques effectively ii. recall and apply a range of strategies and movement concepts iii. recall and apply information to perform effectively. D Reflecting and improving performance iii. analyse and evaluate performance
Month	IB Unit/Topic	Assessments and Activities	Approaches to Learning	Curriculum Standards and IB Criterion and Strands
June	Physical Fitness Testing	Activities: One Mile Run, Push Up and Sit Up test, Sit and Reach Test Formative: Best Effort on Tests Summative: Fitness Standards for age and gender		Curriculum Objectives: K.HR.07.02 use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g. One-Mile Run Test). K.HR.06.03 use the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curlup and Push-up). K.HR.07.04 use the criterion-referenced flexibility health-related fitness standards for age and gender (e.g., Backsaver Sit and

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