

**Wilson Area School District  
Planned Course Guide**

Title of planned course: Physical Wellness

Subject Area: Physical Education Grade Level: 8th

Course Description: Small group instruction to promote physical wellness

Time/Credit for this Course: 36 classes – 41 minutes/class

Curriculum Writing Committee:

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## Curriculum Map

August:	Organize classes
September:	Cardio-vascular fitness
October:	Cardio-vascular fitness
November:	Cardio-vascular fitness
December:	Flexibility/coordination Cooperative games
January:	Flexibility/coordination Cooperative games
February:	Flexibility/coordination Cooperative games
March:	Strength/muscular endurance
April:	Strength/muscular endurance
May:	Strength/muscular endurance
June:	Strength/muscular endurance

## Scope & Sequence

Planned Course: Physical Wellness

Unit: Cardio-Vascular Fitness

Time frame: 12 classes

State Standards: 10.3.6 D; 10.3.9 D; 10.4.5 A,B,C,D,E,F; 10.5.6 D,E

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Acquire, assess and maintain effective fitness levels
- Incorporate daily fitness times into everyday living

Core Activities: Students will complete/participate in the following:

Warm-ups (calisthenics)  
Walk-jog-run  
Aerobics (intermediate/advanced)  
Tae-Bo (intermediate/advanced)  
Dance (intermediate/advanced)  
Cool downs

Extensions: Students prepare an entire aerobic routine. Students will record their fitness level using a computerized program.

Remediation: Students will be given more time for aerobic routines. Students work in groups to develop an aerobic routine.

Instructional Methods:

Explanation  
Demonstration  
Individual instruction  
Videos

Materials & Resources:

Aerobic, Tae-Bo, and dance videos

Assessments:

Teacher observation (student accuracy and safety)  
Student demonstration of the proper transition from one skill to another.  
Presidential Fitness Test  
Daily Participation

## Scope & Sequence

Planned Course: Physical Wellness

Unit: Flexibility/Coordination 8th

Time frame: 10 minutes/class

Yoga – 3 classes

Pilates – 3 classes

State Standards: 10.4.6 A,B,C,D,E; 10.5.6 A,D

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Describe and demonstrate proper stretching techniques
- Describe how different stretching techniques affect specific muscle groups
- Relax physically and mentally through specific stretching exercises
- Describe how stretching/flexibility exercises reduce the risk of joint or muscle strain

Core Activities: Students will complete/participate in the following:

Static stretching

Ballistic stretching

Partner stretching

Pilates

Yoga

Extensions:

Differentiated stretches for advanced students

Utilize a stretching device

Remediation: Beginner/intermediate level exercises

All exercises with modifications

Instructional Methods:

Demonstration

Explanation

Individual instruction

Materials & Resources:

Assessments:

- Teacher observation
- Daily participation
- Understanding vocabulary
- Pre and post test
- V-sit Reach (Presidential Fitness Test)

## Scope & Sequence

Planned Course: Physical Wellness

Unit: Cooperative Games

Time frame: 6 classes

State Standards: 10.4.6 A,B,C,D,E,F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Describe concepts and strategies of cooperative games
- Describe the role of leader, follower, teammate
- Participate in cooperative games and take on roles of leader, follower, and teammate.
- Work cooperatively with teammates in various activities

Core Activities: Students will complete/participate in the following:

Capture the Flag  
Two by Two Fitness Fun  
Slide Aerobics  
Heart Rate Monitor 1K  
Circuit Training Surprise  
Pushing Through the Maze

Extensions: Students may be given less equipment to complete the task to make it more challenging. Students will be asked to develop their own cooperative game and present it to the class.

Remediation: The group may be given more time and/or equipment to complete the activity. The teacher will give cues to aid the student.

Instructional Methods:

Explanation  
Demonstration  
Individual instruction

Materials & Resources:

Assessments:

Teacher observation (participation, safety, accuracy)  
Student self assessment (participation, cooperation)

Daily participation  
Presidential Physical Fitness Test

1. Curl-ups  
Objective: To measure strength/endurance by maximum number of curl-ups performed in one minute.
2. Shuttle Run  
Objective: To measure speed and agility.
3. Endurance Run/Walk  
Objective: To measure the heart/lung endurance by fastest time to cover a one-mile distance.
4. Pull-ups/Flexed arm hang  
Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.
5. Right angle push-ups  
Objective: To measure upper body strength/endurance by maximum number of push-ups completed.
6. V-sit reach  
Objective: To measure flexibility in lower body/lower back.

## Scope & Sequence

Planned Course: Physical Wellness

Unit: Muscular Strength/Muscular Endurance 8th

Time frame: 12 class periods

State Standards: 10.3.6 D; 10.4.6 A,B,C,D,E; 10.5.6 A,B,D

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Understand, describe, and demonstrate safety rules of weightlifting
- Demonstrate proper techniques of weightlifting
- Execute specific weightlifting techniques and movements
- Describe muscle groups addressed in various exercises and movements

Core Activities: Students will complete/participate in the following:

Weight training  
Circuit training  
Dyna bands  
Core stability balls  
Pilates

Extensions:

Increase sets  
Increase repetitions  
Increase resistance  
Increase intensity  
Increase time of activity

Remediation:

Decrease sets  
Decrease repetitions  
Decrease resistance  
Decrease intensity  
Decrease time of activity

Instructional Methods:

Demonstration  
Explanation  
Individual instruction

Materials & Resources:



Assessments:

Teacher observation  
Pre and post fitness testing  
Daily participation  
Presidential Fitness Test