

Eighth Grade Physical Education Syllabus
North St. Paul – Maplewood – Oakdale School District 622
John Glenn Middle School

27 week Course

Standards met: **National Physical Education Standards** provided by the **National Association for Sport and Physical Education**.

The National Physical Education Standards 8th grade physical education addresses are #1-6, and are listed in the curriculum section of this document. You will see them as NS #1, etc.

Course Description:

Students are required to physical education for three quarters of the school year. This course will focus on promoting an active lifestyle, skill building, physical fitness development, rhythmic education, team games and other optional activities. Student participation, quizzes and skill assessments are paramount to achieving success in physical education.

Essential Outcomes Physical Education

8th Grade

Physical Fitness

1. Students will participate in physical fitness assessments to determine their personal fitness level.
2. Students will be able to identify personal goals for each of the health related fitness components, e.g. cardiovascular endurance, flexibility, muscular strength and muscular endurance.
3. Students will evaluate their personal goals for fitness improvement, and work toward their achievement.
4. Students will implement the basic principles of training, e.g. FITT (frequency, intensity, time and types of activity), target heart rate.

Rhythmic Education

1. Students will demonstrate challenging combinations of movement forms in different rhythm or dance activities.
2. Students will demonstrate acceptable social etiquette during rhythmic activities.

Swimming

1. Students will demonstrate improvement in swimming stroke techniques.
2. Students will be able to participate in a variety of water games. e.g. water polo, etc.
3. Students will be able to demonstrate the ability to follow a specific swimming pool emergency action plan.
4. Students will be able to perform water rescue procedures that do not require going into the water.
5. Students will be able to perform self-rescue techniques in an emergency situation.
6. Students will improve their cardiovascular endurance through a progression using the FITT principles.

Outdoor/Indoor Activities

1. Students will demonstrate teamwork and cooperation skills.
2. Students will identify sports or activities that are indigenous to other cultures.
3. Students will be able to apply the fundamental skills necessary to participate in a variety of activities.
4. Students will be able to identify, the open person concept in a variety of activities.
5. Students will know and apply rules to classroom activities.

CORE UNITS (required)

- **Basketball**
- **Dance / Rhythm**
- **Fitness Testing**
- **Recreational Games**
- **Softball**
- **Speedball**
- **Swimming**
- **Tennis**

OPTIONAL UNITS (supplemental units based on time, facilities/equipment, and weather)

- Circuit Training / Strength Training
- Football
- Floor Hockey
- Lacrosse
- Outdoor Winter Recreational Activities
- Team Handball
- Track & Field
- Ultimate Frisbee
- Volleyball

Course Requirements:

John Glenn Physical Education Department policies.

- All students are required to dress in the prescribed uniform for physical education. This includes gray shorts, red/white reversible shirt, socks and tennis shoes. Optional clothing for outdoor play is a warm-up or sweat suit.
- Students are expected to participate fully in daily lessons. A parent note is accepted excusing a student for one or two days. After that, a doctor's note is required if a student must refrain from physical activity.
- Students must supply their own swimsuit for swimming.
- It is the student's responsibility to check with the teacher about work missed when absent.
- Students have three days to make up and turn in any missed assignments from the date of the absence.
- Students are expected to be on time for class. A student who is tardy to class three times per quarter (and every time thereafter) will be assigned detention.

Grading Procedures:

Student grades will be based upon:

- Daily participation points, including proper dress for class
- Skills testing
- Knowledge testing

Contact Information:

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