



## PEG201: Physical Ed 8A

**Course Title:** Physical Ed 8A

**GRADE LEVEL:** 8

**CODE:** PEG201

**COURSE LENGTH:** 9 weeks

**Major Concepts/Content:** This quarter course is designed to enable eighth grade students to develop movement skills and conceptual knowledge and attitudes related to the needs of the adolescent. Developmentally appropriate concepts of physical fitness and personal and social development are included in this course. Students apply appropriate physical activity and fitness concepts and attitudes to the development of a health-enhancing level of physical fitness. They demonstrate responsible and safe behavior applying appropriate concepts and attitudes to personal and social development.

**Major Instructional Activities:** Instructional activities are designed to further develop students' movement and physical fitness. Students participate in a variety of modified sports, rhythmic/dance, physical fitness, and other physical activities. Applications of concepts, thinking skills, and positive attitudes to movement and physical fitness are featured. A focus on supporting meaningful and appropriate inclusion of those with disabilities in physical activities is emphasized in this course.

**Major Evaluative Techniques:** Multiple assessment strategies are used to enable students to develop their movement skills, concepts, and attitudes; e.g., checklists, written summaries, authentic performance tasks, and portfolio and product assessment by the teacher, self, and peers.

Last Revised: March 18th, 2009 at 10:57 am.