



Bedford Public Schools

Grade 8 – Physical Education

Fitness Class Day, the students will be participating in the Fitness Room using the cardio machines to help improve their personal fitness goals. During this Fitness Class, students will be learning about skill related fitness, nutrition, and review of 6th and 7th grade fitness concepts. Students will have the option to participate in a strength-training program after the cardio minimum requirement is achieved. Proper form and safety will be stressed for these workouts during each class.

The Sport Class Day, the students will be participating in units of: Flag Football, Basketball, Hockey, Volleyball, and Softball. Each unit will begin with skill development and end with the experience of playing the game. Teamwork, Effort, Safety and a positive attitude will be stressed throughout. The variety of activities is given with the hope that students will find one or more activities that they enjoy and can participate outside of school with family and friends.

In the fall and spring all students will participate in the Presidential Fitness Challenge, and the Pacer Test. These tests will focus on student's cardiovascular system, muscular strength, muscular endurance, and flexibility. All tests will have age appropriate minimum requirements and students will be encouraged to do their very best. The fitness tests are administered to give the students an indication of where their fitness levels are compared to other students in the United States.



Learning Expectations

[Basketball](#)

[Fitness](#)

[Flag Football](#)

[Floor Hockey](#)

[Softball](#)

[Volleyball](#)

Basketball

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none">• Demonstrating correct skills can strengthen and enhance your enjoyment of the game.• Know the rules and history of basketball can affect your success rate in the game.	<ul style="list-style-type: none">• How has the game evolved over the past 50 years?• How does muscle memory play a role in skill development?• Why is teamwork essential to success in a game setting?	<ul style="list-style-type: none">• Students will improve dribbling skills.• Students will learn the different ways to pass.• Students will learn the set-shot & lay-up.• Students will learn the proper stance and know their responsibility when using a zone & man-to-man defense.• Students will learn the positions on the court.

Fitness

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • Importance of skill related fitness. • Weight training directly relates to improved physical ability during sports and everyday life. • Importance of nutrition in exercising pre/post workout. 	<ul style="list-style-type: none"> • How can sport specific weight training exercises enhance your ability in a given sport? • What is overall wellness? 	<ul style="list-style-type: none"> • Students will demonstrate proper form in all areas of weight training. • Students will be able to properly fill out a weight lifting log. • Students will continue to demonstrate taking heart rate measurements and staying in their target heart rate zone.

Flag Football

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none">• History and Rules can enhance your playing and viewing of the game.• Football can influence entire communities either negatively or positively.	<ul style="list-style-type: none">• How is strategy in football different from strategy in other sports?• Why is each football player important to the success of the whole team?	<ul style="list-style-type: none">• Students will learn to throw and catch a football.• Students will utilize pass patterns during game play.• Students will understand or learn the importance of all positions and how they affect team play.

Floor Hockey

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> History and Rules can enhance your playing and viewing of the game. Hockey in certain geographic areas can greatly enhance the passion of the sport and influence the participation in the sport. 	<ul style="list-style-type: none"> What skills can be utilized to better your chances of scoring? What are the differences between ice hockey, field hockey, and floor hockey? How does where you live effect your ability to play hockey? 	<ul style="list-style-type: none"> Students will be able to control their wrist shots. Students will utilize lead passes, give and go passes and work on the timing of those passes. Students will learn stick handling skills. Game strategy.

Softball

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none">• History and Rules can enhance your playing and viewing of the game.• Softball links both genders in a positive competitive playing field.	<ul style="list-style-type: none">• Why do you think baseball/softball is considered America's game?	<ul style="list-style-type: none">• Students will be able to catch a softball.• Students will be able to throw a softball.• Students will be able to hit a softball.• Students will understand the positions on the field.• Students will know the rules of the game.

Volleyball

Enduring Understandings In order to meet the standards, the students will need to understand that . . .	Essential Questions In order to understand, students will need to consider questions such as . . .	Knowledge and Skills Learning this material will require students to . . .
<ul style="list-style-type: none"> • Volleyball can be played at all levels from elementary school to pro and in your own backyard. • History and Rules can enhance your playing and viewing of the game. 	<ul style="list-style-type: none"> • Why is skill development so important to the game of volleyball? • Why is it so important to work together as a team when playing? 	<ul style="list-style-type: none"> • Students will be able to perform the three hit attack. • Students will successfully use the overhead serve. • Students will be able to demonstrate proper form when bumping and overhead setting the volleyball.