



Recommended 8th Grade Curriculum Framework

Content: Physical Education – Grade 8						
Topic: Benefits of Exercise (Week 1)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-1.5.1 Body changes (e.g., body composition, decreased heart rate, reduced cholesterol level) occur following a regular exercise program.</p> <p>PL-M-1.5.2 Exercise benefits physical development (e.g., body shape, posture, coordination, muscle development).</p>	<p>Personal Wellness AE 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> Recognize the benefits of self-assessment of health status. Demonstrate basic physiological principals of exercise (e.g., intensity, duration, frequency). Describe the interrelationships of and physiological changes in body systems. <p>POS-PE-8-1 Students will describe body changes following regular participation in physical activity.</p> <p>POS-PE-8-2 Students will relate benefits of exercise and fitness to physical development.</p>					



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	<p>POS-PE-8-6 Students will enhance personal fitness goals and personal fitness programs.</p> <p>BENCHMARKS Students understand the relationship between physical fitness and human growth and development.</p>					