



Recommended 8th Grade Curriculum Framework

Content: Physical Education – Grade 8						
Topic: Principles of Fitness Training (Weeks 2-3)						
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-1.5.3 Applying the principles of fitness training and conditioning (frequency, intensity, time/duration) are necessary to get the most from exercise.</p> <p>PL-M-1.5.4 Self-assessment of health status (e.g., strength, flexibility, cardiovascular endurance, body composition) contributes to health maintenance.</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). <p>POS-PE-8-3 Students will evaluate their own health-related fitness.</p> <p>POS-PE-8-4 Students will monitor intensity of exercise (e.g., resting heart rate, target heart rate, recovery time).</p> <p>POS-PE-8-5 Students will apply principles of fitness training and conditioning (e.g., frequency,</p>					



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	<p>intensity, duration, mode) in activities (e.g., running, jogging, aerobics).</p> <p>POS-PE-8-6 Students will enhance personal fitness goals and personal fitness programs.</p> <p>BENCHMARKS Students self-assess health related fitness levels.</p> <p>Students monitor the intensity of exercise (resting heart rate, target heart rate, recovery time).</p> <p>Students develop personal physical conditioning programs applying the concepts of frequency, intensity, and duration.</p> <p>Students understand the relationship between physical fitness and human growth and development.</p>					



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PL-M-2.2.3 Frequency, intensity, and time/duration are the principles of fitness training and conditioning.	Lifetime Physical Activities AE 2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives. DEMONSTRATORS <ul style="list-style-type: none"> Investigate principles of training and conditioning for a variety of physical activities. 					