



Recommended 8th Grade Curriculum Framework

Content: Physical Education – Grade 8						
Topic: Benefits of Leisure, Recreational and Competitive Physical Activity (Weeks 8-9)						
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-2.2.1 Physical, emotional/mental, and social benefits can be gained from regular participation in leisure/recreational and/or competitive physical activities.</p> <p>Physical benefits:</p> <ul style="list-style-type: none"> • increased energy • improved strength • fitness • improved control of body movements <p>Social benefits:</p> <ul style="list-style-type: none"> • self-esteem • friendship • self-expression <p>Emotional/mental benefits:</p> <ul style="list-style-type: none"> • improved confidence • increased self-esteem • stress reduction • self-expression 	<p>Lifetime Physical Activities AE 2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Apply rules and appropriate behaviors in lifetime physical activities. • Explore ways to learn new lifetime physical activities. • Analyze the benefits (e.g., physical, mental, emotional) of involvement in lifetime physical activity. <p>POS-PE-8-16 Students will analyze benefits of regular participation in leisure, recreational, and competitive physical activity.</p> <p>BENCHMARKS Students regularly participate in physical activities and other</p>					



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	recreational activities at school and at home.					