

Curriculum Units and Learning Outcomes

Content Area: Physical Education	Grade Level: 8
Unit Title: Games for Fun & Fitness	
Unit Summary: Playing games is a terrific way to get some exercise and have some fun – two important parts of living a long, healthy life. This course will give students the opportunity to practice and learn skills, refine game strategies and tactics, socialize with classmates, and express themselves. While playing old standards, and learning new games, students will learn what these fun and exciting games can do to help improve your fitness, and possibly your performance in other sports. Students will need to be ready to play hard and think even harder. Students will leave this course with a better ability to critically evaluate the benefits of participating in physical activity.	
SHAPE National Standards: <ul style="list-style-type: none">● Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play. (S1.M2.8)● Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play. (S1.M21.8)● Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball. (S2.M3.8)● Reduces open space by not allowing the catch (denial) and anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M5.8)● Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. (S2.M6.8)● Compares and contrasts health-related fitness components. (S3.M7.8)● Provides encouragement and feedback to peers without prompting from the teacher. (S4.M3.8)● Responds appropriately to participants' ethical and unethical behavior during physical activity by using rules and guidelines for resolving conflicts. (S4.M4.8)● Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play. (S4.M5.8)● Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiorespiratory endurance and body composition) and explains the connections between fitness and overall physical and mental health. (S5.M1.8)● Distinguishes between health-related and skill-related fitness. (S3.M7.7)	

Enduring Understandings:

- Students will understand what the difference is between health-related and skill-related fitness.
- Students will understand the key components of each area of fitness and how to identify them.
- Students will understand that games have physical, social, emotional and mental benefits.
- Students will understand how to identify deficiencies in their own physical activities to determine areas of need in order to stay/get fit.

Essential Questions:

- What is the difference between health-related and skill-related fitness?
- How does improving your skills in a game change your perspective about that game?
- How does your reaction to positive or negative situations change how a game plays out?
- How can you figure out what areas of fitness are connected to a specific game?

Students will demonstrate KNOWLEDGE of:

- Their level of health-related fitness,
- Their level of skill-related fitness,
- The difference between health-related and skill-related fitness,
- Definitions of all areas of fitness (terms),
- Examples of games that incorporate each area of fitness,
- Examples of fun ways to improve all areas of fitness

Students will be SKILLED at:

- Identifying activities associated with areas of health- and skill-related fitness,
- Identifying ways to assess all areas of fitness,
- Identifying activities that are good for improving areas of fitness,
- Assessing all areas of fitness,
- Working cooperatively with any and all classmates,
- Supporting, providing feedback to, and resolving conflict with any/all classmates.

Estimated Duration: one trimester