

Fayetteville Public Schools
Name of Course Physical Education
Grade Level 8th

Time Frame	Unit	Common Core Standards Or Arkansas Standards	Essential Terms/Vocab	Resources	Assessments
1(week)	Orientation	Standard 5: Personal and Social Behavior PEL 5.8.1, PEL 5.8.2	Hygiene, Peer Pressure, Bullying	State Curriculum Frameworks, Co-Workers/Collaboration, Professional Development, University of Arkansas interns/classes	Written/Skills Testing (5)
2	Fitness Testing	Standard 2: Movement Concepts	FITT principle, Health-Related Fitness, Weight bearing activities		
3	Cardio/Strength	PEL 2.8.1,			
4	“	Standard 3: Health-Related Fitness PEL 2.8.3			
5	“	PEL 2.8.2, PEL 2.8.4, PEL 3.8.1,			
6	Team Sports	PEL 3.8.2, PEL 3.8.3, PEL 3.8.4,	Interpersonal Skills		
7	“	PEL 3.8.5, PEL 3.8.6			
8	Individual/Lifetime		Leisure Activities Lifetime Activities		Written/Skills Testing (9)
9	“				
10	Technology	Standard 4: Lifetime Activities and Recreation PEL 2.8.4, PEL 2.8.6, PEL 4.8.1, PEL 4.8.2	Target Heart Rate, Body Awareness, Spatial Awareness		
11	Team Sports				
12	“				
13	Individual/Leisure				Written/Skills Testing (15) Final Exam(16): Cumulative (essential vocabulary terms)
14	“				
15	Alternative Fitness		Stress Management, Emotional Health		
16	Fitness Testing				

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