

8th Grade Physical Education Pacing Guide

Marking Period 1	Marking Period 2	Marking Period 3	Marking Period 4
Perform	Perform	Perform	Perform
<ul style="list-style-type: none"> - analyze the positive and negative impacts of technological advances on exercise, health and fitness and describe ways to achieve a healthy body through healthy eating and physical activity - utilize safe, efficient movement to develop and maintain a healthy, active lifestyle 	<ul style="list-style-type: none"> - demonstrate mechanically correct form and control when using and combining movement skills in applied settings [game/sport/dance/recreational] - demonstrate how equilibrium, rotation and range of motion impact performance and apply the impact of force and motion during physical activity 	<ul style="list-style-type: none"> - perform and assess the quality of movement flow in response to dynamic, interactive environments and compare/contrast the use of movement skills in various physical activities; transfer a movement skill from one activity to another; detect and correct errors - describe and demonstrate various training methods, including isotonic, isometric, interval, and circuit methods - investigate the physical, behavioral, legal and competitive consequences of the use of performance enhancing substances, including anabolic steroids 	<ul style="list-style-type: none"> - engage in variety of sustained vigorous physical activities that enhance fitness; perform at the intensity level needed to enhance cardiovascular fitness, as determined by target heart rate, perceived exertion, and recovery heart rate - monitor physiological responses before, during and after exercise and compare changes - use data to develop a personal fitness plan and use technology to evaluate the implementation and outcomes; demonstrate age and gender specific progress toward improving fitness