

GIRLS PHYSICAL EDUCATION CURRICULUM MAP 2016-2017

8<sup>th</sup> GRADE

<p><b>Unit 1 (Aug22-Sept2) 2wks</b></p> <p><b>Conditioning</b> TEKS: 1B, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 5C, 5D, 5E</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Cardiovascular Endurance             <ul style="list-style-type: none"> <li>➢ Long/short distance running</li> <li>➢ Heart Rate Monitoring</li> </ul> </li> <li>• Fitness Stations             <ul style="list-style-type: none"> <li>➢ Jump ropes, squat jumps, jumping jacks, running in place, high knees</li> </ul> </li> <li>• Muscular Endurance             <ul style="list-style-type: none"> <li>➢ Abdomen</li> <li>-Curl-ups</li> <li>➢ Upper Body</li> <li>-Push-ups</li> </ul> </li> </ul> <p>CATCH Cards:27-80, 237-327</p>	<p><b>Unit 2 (Sep5-Oct14) 6wks</b></p> <p><b>Volleyball</b> TEKS: 1A, 1B, 1J, 2A, 2B, 2C, 5A, 5B, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Proper passing, setting and spiking forms</li> <li>• Understanding the game</li> <li>• Moving to the ball</li> <li>• Being able to judge where ball is going and where they need to be</li> <li>• Understand the rules, regulations, and procedures of the game</li> </ul> <p>CATCH Cards: 516-525</p>	<p><b>Unit 3 (Oct17-Oct28) 2wks</b></p> <p><b>Conditioning</b> TEKS: 1B, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 5C, 5D, 5E</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Cardiovascular Endurance             <ul style="list-style-type: none"> <li>➢ Long/short distance running</li> <li>➢ Heart Rate Monitoring</li> </ul> </li> <li>• Fitness Stations             <ul style="list-style-type: none"> <li>➢ Jump ropes, squat jumps, jumping jacks, running in place, high knees</li> </ul> </li> <li>• Muscular Endurance             <ul style="list-style-type: none"> <li>➢ Abdomen</li> <li>-Curl-ups</li> <li>➢ Upper Body</li> <li>-Push-ups</li> </ul> </li> </ul> <p>CATCH Cards:27-80, 237-327</p>	<p><b>Unit 4 (Oct31-Dec20) 6wks</b></p> <p><b>Basketball</b> TEKS: 1A, 1B, 1J, 2A, 2B, 2C, 5A, 5B, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Proper dribbling, passing, shooting and defense forms</li> <li>• Proper lay-up form (right and left)</li> <li>• Understanding the game</li> <li>• Understand the rules, regulations, and procedures of the game</li> </ul> <p>CATCH Cards: 516-525</p>
<p><b>Unit 5 (Jan9-Feb3) 4wks</b></p> <p><b>Cooperative Games</b> TEKS: 1A, 1B, 1C, 1D, 1E, 1F, 1G, 1H, 1I, 2A, 2B, 3A, 3B 3C, 3D, 5B, 5C, 5D, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Rhythm/Dance</li> <li>• Hoops</li> <li>• Jump ropes</li> <li>• Frisbee</li> <li>• Golf</li> </ul> <p>CATCH Cards:27-129, 237-327,360-374, 430-468,</p>	<p><b>Unit 6 (Feb6-Feb17) 2wks</b></p> <p>TEKS: 1B, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 5C, 5D, 5E</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Cardiovascular Endurance             <ul style="list-style-type: none"> <li>➢ Long/short distance running</li> <li>➢ Heart Rate Monitoring</li> </ul> </li> <li>• Fitness Stations             <ul style="list-style-type: none"> <li>➢ Jump ropes, squat jumps, jumping jacks, running in place, high knees</li> </ul> </li> <li>• Muscular Endurance             <ul style="list-style-type: none"> <li>➢ Abdomen</li> <li>-Curl-ups</li> <li>➢ Upper Body</li> <li>-Push-ups</li> </ul> </li> </ul> <p>CATCH Cards:27-80, 237-327</p>	<p><b>Unit 7 (Feb20-March10) 3wks</b></p> <p><b>Cooperative Games</b> TEKS: 1A, 1B, 1C, 1D, 1E, 1F, 1G, 1H, 1I, 2A, 2B, 3A, 3B 3C, 3D, 5B, 5C, 5D, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• Big Decision</li> <li>• FitnessGram</li> <li>• Kick ball</li> <li>• Softball</li> <li>• Badminton</li> </ul> <p>CATCH Cards:27-80, 237-327, 360-393, 486-514</p>	<p><b>Unit 8 (Apr17-May19) 9wks</b></p> <p><b>Conditioning, Volleyball, Basketball</b> TEKS: 1A, 1B, 1C, 1D, 1E, 1F, 1G, 1H, 1I, 2A, 2B, 3A, 3B 3C, 3D, 5B, 5C, 5D, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> <li>• FitnessGram Testing</li> <li>• Cardiovascular Endurance</li> <li>• Muscular Endurance</li> <li>• Volleyball</li> <li>• Basketball</li> </ul> <p>CATCH Cards:27-80, 516-525, 237-327, 516-525,</p>

\*Subject to Change depending on Student(s)' needs.

GIRLS PHYSICAL EDUCATION CURRICULUM MAP 2016-2017  
8<sup>th</sup> GRADE

\*Subject to Change depending on Student(s)' needs.