

Ganado Unified School District #20 (Physical Education/8th Grade)

PACING Guide 2022/2023 1st and 3rd Quarters

Resources	AZ Physical Activity Standard	Essential Question (HESS Matrix)	Learning Goal	Vocabulary (Content/Academic)
Week 1 -Dynamic Physical Education Lesson Plan Book -Fitness Logs	S3.M3 S1.M5 S2.M6 S2.M7 S2.M8 S2.M9	How can practice improve performance What is the FITT Principle? Why is exercise so important to one's health?	-PE Pre-test -Advanced handball unit Students will be able to: -Explain the pros and cons of my fitness test performance. -Examine and critique my fitness test performances. -Learn and follow basic management activities necessary for participation in Physical Education classes. -Demonstrate skills and knowledge for a net ball game. (Handball)	-Cardiovascular Endurance -Muscular Strength -Performance -Goal-Setting -Long-term goal -Short-term goal
Week 2 Dynamic Physical Education Textbook	S1.M19 S2.M1 S2.M2 S2.M3 S2.M4	How can you maintain possession of a soccer ball without turning it over? Why is teamwork so important? What is the difference between a yellow and	-use pedometers to track the number of steps I take within the class period. -demonstrate skills and knowledge of the game for soccer.	Team play Sportsmanship Tackle Header Save Goal Kick Throw-in Free Kick Hand ball

		<p>red card in the game of soccer? How can you create scoring opportunities for your team to successfully score a goal? Soccer World Cup happens every how many years?</p>	<p>-create scoring opportunities for my team by passing, striking and playing magnificent defense. -show ball possession skills -demonstrate individual and team defense. Communicate with my team and help one another during the soccer game. Follow all soccer rules and show respect to all classmates. Demonstrate my knowledge of soccer through a written unit test.</p>	<p>Forward position Mid fielder position Defender position</p>
<p>Week 3 -Dynamic Education Textbook and Curriculum Guide</p>	<p>S1.M1 S1.M2 S1.M3 S2.M11</p>	<p>What is the difference between a run block and a pass block Why is football such a popular sport in the United States of America? What type of skills do you need to demonstrate when playing a specific offensive position and defensive position? Explain your football position that you played to answer that question.</p>	<p>-Throw a spiral pass, catch a football, (receiving) -Demonstrate and self-assess fundamental football skills: Throwing, receiving a handoff, executing a ball snap, blocking, ball carrying, and punting the football. -Demonstrate running specific routes, faking maneuvers, and defending the pass. -Continue to document daily physical activities in PE class. -Explain what the FITT principle is -to continue applying proper warm-ups and cool down procedures before and after workouts.</p>	<p>3-point stance 2-point stance 4-point stance -FITT Principles -Warm-Up -Cool-Down -Physical Activity Levels -Monitor</p>

<p>Week 4</p> <p>-Textbook</p> <p>-Worksheets</p> <p>-Poster Illustrations</p>	<p>S1.M6</p> <p>S1.M.11</p> <p>S1.M.24</p> <p>S2.M.12</p> <p>S2.M.13</p>	<p>-How can you beat a man-to-man and zone coverage when you are passing the football?</p> <p>-What types of pass coverage can defenses throw at you?</p> <p>-Why do you think an unsportsmanlike penalty is 15-yard penalty compared to an offside penalty that is a 5-yard penalty?</p> <p>Explain the kicking game part of football? Kickoffs, punting, field goal. In addition, extra point field goal.</p>	<p>-Assist in creating our own football plays for offense and defense.</p> <p>-Design a diagram with a partner showing at least five referee signals of infractions.</p> <p>-Summarize a football position played on the field, their roles, responsibilities and why I chose that particular position.</p> <p>-Illustrate a football field and all its lines and dimensions.</p> <p>-Observe a peer and provide feedback for a football related skill they are doing.</p> <p>-Continue to practice all the football ready and position stances when participating in the game.</p> <p>-Participate in a variety of fitness activities designed to enhance fitness levels.</p> <p>-Maintain or progress towards goals that I set for myself after I completed my Fitness Assessment Activities.</p>	<p>-Holding penalty</p> <p>-Offside penalty</p> <p>-False start penalty</p> <p>-Delay of game penalty</p> <p>-Pass Interference penalty</p> <p>-Defensive holding penalty</p> <p>-Unsportsmanlike penalty</p> <p>-Overtime</p>
<p>Week 5</p> <p>-Textbook</p> <p>-Hand Outs</p>	<p>S1.M12</p> <p>S1.M13</p> <p>S1.M19</p>	<p>-How can playing volleyball on a consistent basis improve performance?</p> <p>-Why is it so important to execute a great serve?</p> <p>-What volleyball skill gives you the most</p>	<p>-Execute 75-90 % accuracy when passing and setting volleyball.</p> <p>-Demonstrate a power jump as high as I can when spiking</p>	<p>-Overhand serve</p> <p>-Carrying the ball</p> <p>-Jump Serve</p> <p>-Blocking</p> <p>-Ten foot line</p> <p>-Kill</p> <p>-Dig</p>

<p>Week 6</p> <p>Textbook Wikipedia</p>	<p>S1.M12 S1.M13 S1.M19</p>	<p>trouble? Please explain why?</p> <p>-What types of moderate and vigorous physical activities do you think can improve jumping ability?</p> <p>Where did the sport of volleyball first begin?</p> <p>-How can you help your team execute specific offensive plays?</p> <p>-How can working together with your team help with defensive effort?</p> <p>Why do you think it is important to be physically active outside the PE classroom?</p> <p>What type of scoring system does volleyball use for high school and college levels</p>	<p>a volleyball</p> <p>-Serve volleyball over the net 75-90% consistency.</p> <p>-Work with a partner and small group in demonstrating competency in keeping the volleyball in the air.</p> <p>-Show the tree step hit sequence (pass, set, and spike) with my group.</p> <p>-Continue to participate and</p> <p>-To demonstrate fundamental volleyball skills in a modified game.</p> <p>-Understand the rules of the game for volleyball during modified games.</p> <p>-Display proper sportsmanship at all times.</p> <p>-Follow all rules and demonstrate fairness throughout the game.</p> <p>-Demonstrate an active lifestyle through daily documentation in class and outside of class.</p> <p>-Show proof of outside physical activity through Fitness Logs.</p> <p>-Demonstrate proper glove placement to catch a softball</p> <p>-Display proper form of throwing a softball and hit</p>	<p>-Assist</p> <p>-Moderate</p> <p>-Vigorous</p> <p>-Set point</p> <p>-Rally scoring</p> <p>-Side-out</p> <p>-Outside hitter</p> <p>-Setter</p> <p>-Middle Blocker</p> <p>-Libero</p> <p>-Net violation</p> <p>-Ace</p> <p>-Rotation</p> <p>-Ground ball</p> <p>-Fly ball</p> <p>-Line Drive</p> <p>-Relay from the outfield</p> <p>-Softball</p>
<p>Week 7</p> <p>Dynamic Physical Education Curriculum Textbook</p>	<p>S3.M1 S3.M2 S3.M6</p>	<p>When throwing, what are some important cues you got to do for an accurate throw?</p>	<p>-Demonstrate proper glove placement to catch a softball</p> <p>-Display proper form of throwing a softball and hit</p>	<p>-Relay from the outfield</p> <p>-Softball</p>

Week 8

Dynamic Physical Education Curriculum Textbook

Posters showing softball/baseball skills

**S3.M7
S3.M8
S3.M11**

Why do think batting is such a difficult skill at first?
What are some skills you have to do in order to catch a fly ball while on the move?
How can being a ready stance help you field a ground ball or fly ball?

-How can your team execute double play?
-What is an infield fly rule?
-What is the distance in feet from the pitching mound to home plate for softball and baseball (high school play)?
-Can a batter run even though he misses on a third strike swing?
Explain why or why not
How can using Rhythmic movement help with pitching or fielding?

targets consistently
-Demonstrate a good batting stance and hit the softball with some force.
-Field ground balls and fly balls while on the move.
-Throw the ball to the cut off person and run a relay throw when the ball is hit to the outfield.
-Continue to improve my cardiovascular endurance and muscular strength through a variety of physical activities.
-Continue input daily physical activities in the Fitness Log
-Understand the rules of the game for softball/baseball
-Demonstrate team play in a modified softball/baseball game
-Compare and contrast the sport of softball and baseball
-Explain how innings work
-Explain at least 4 ways a fielding team can get an out
-Demonstrate some movement patterns that can help with throwing accurately to specific targets
-Demonstrate movement patterns to help improve my speed
-Understand how to calculate batting averages

-Catcher
-Batting stance
-Strike out
-Base on balls
-Hit by a pitch
-Taper
-Duration
-Innings
-Full count
-Batting Average
-Extra innings
-Single
-Double
-Triple
-Home run
-Errors
-Designated hitter
-Starting pitcher
-Relief pitchers
-Closer

<p>Week 9</p> <p>Dynamic Physical Education Curriculum Textbook Fitness Log</p>	<p>S3.M15 S3.M16 S3.M17 S3.M18</p>	<p>-What happens if the game is tied after 7 innings?</p> <p>How well do you think you improved or not on your fitness test activities?</p> <p>What activities that we have been doing in PE class help with your 1 mile run time, 1 minute sit ups, and 1 minute push-ups?</p>	<p>-Demonstrate my knowledge of the game by doing an excellent job on the unit written test</p> <p>-Complete all my fitness test activities to best of my ability/effort</p> <p>-Try and improve my 1-mile run time from the first week class to now</p> <p>-Try and improve my 1-minute push-ups and sit up scores from the previous test</p> <p>-Demonstrate knowledge of the game for Frisbee golf</p> <p>-Demonstrate skills and knowledge of the game for Frisbee football</p> <p>-Demonstrate skills and knowledge of the game for Ultimate Frisbee</p>	<p>-Fitness Test</p> <p>-Max performance</p> <p>-Frisbee</p> <p>-Frisbee golf</p> <p>-Frisbee football</p> <p>-Ultimate Frisbee</p> <p>-Par</p> <p>-Birdie</p> <p>-Bogy</p> <p>-Touchdown</p>
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8th Grade Pacing Guide 2022/2023
2nd and 4th Quarter

<p>Week 10</p> <p>Dynamic Physical Education Curriculum Textbook</p>	<p>S1.M14 S1.M15 S1.M16</p>	<p>-How can you design a similar game to badminton? Explain</p> <p>-What do you think is the most difficult swing to execute when hitting the birdie</p>	<p>-Demonstrate correct form for overhead swing</p> <p>-Demonstrate correct form for a forehand swing</p> <p>-Demonstrate correct form for a backhand swing</p>	<p>Badminton</p> <p>Birdie/Shuttlecock</p> <p>Forehand clear shot</p> <p>Backhand clear shot</p> <p>Overhead clear shot</p> <p>Rally</p> <p>Serve</p> <p>Net play</p>
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Video showing badminton singles and doubles matches

-Why do you think the sport of badminton is not very popular as compared to basketball or football?

-Execute serving the birdie over the net on a consistent basis
-Demonstrate a rally with a partner
-Learn the history of the game for badminton
-Compare and contrast badminton and another net like sport game
-Set new fitness goals to accomplish in 2nd quarter
-Continue with my fitness logs and participate regularly in PE class
-Continue to document the variety of fitness activities that can enhance my fitness levels

Smash

Week 11

Textbook
Teaching Badminton Book

**S1.M16
S1.M17**

-How would you go about starting a badminton club for your community?
-What game do you feel is better suited for you? Playing doubles or singles match?

-Demonstrate knowledge of the game for singles and doubles badminton
-Explain at least three safety procedures for badminton play
-Explain in writing four different ways you can positively participate in class.
-Communicate with my partner when hitting the birdie so we can prevent any collisions.
-Explain how the scoring system goes for badminton.

Safety Protocols
Responsible behavior
Sets
Match point
Singles match
Doubles match

<p>Week 12</p> <p>Dynamic Physical Education Textbook</p>	<p>S3.M9 S3.M10 S3.M12</p>	<p>-What kind of obstacles to do come upon when exercising for longer periods of time? -Why do you think it is important to follow class rules for gym hockey stick handling? What are some examples of difficult skills or situations you had to preserve through in PE class or other classes? Or maybe at home</p>	<p>-Demonstrate correct gym hockey stick handling skills at all times -Follow all safety protocols for gym hockey -Explain gym hockey and its positive effects on physical fitness -Demonstrate dribbling the puck, passing, and trapping using a hockey stick -Demonstrate slap shots and wrist shots into the net. -Demonstrate goal-keeping skills against live shots</p>	<p>Stick handling Trapping the puck Dribbling the puck Wrist shot Slap shot Goal-keeping Perseverance</p>
<p>Week 13</p> <p>Dynamic Physical Education Curriculum Textbook</p>	<p>S3.M13 S3.M14</p>	<p>-How can you identify who is doing the face-off skill for each team? -What are some dangerous outcomes that can happen if players do not follow the rules for Gym Hockey or Ice Hockey? -What do you think it will take for you to play in the NHL (National Hockey League)?</p>	<p>-Work together with my team to show offensive and defensive strategies during a game. -Understand and explain the rules of the game for Gym Hockey -Explain how the scoring system goes for Gym Hockey -Demonstrate a face-off -Cooperate and follow all Gym Hockey and Class rules at all times. -Have fun participating in the Gym Hockey game with my classmates -Identify all Gym Hockey skill positions on the floor</p>	<p>-Hockey forward position -Hockey center position -Hockey Defensemen position -Hockey Goalie position -Off-sides penalty -Tripping penalty -Power play opportunity -Shift changes</p>

Week 14

Dynamic Physical Education Curriculum Textbook

Basketball Videos showing advanced dribbling moves

S4.M3
S4.M4
S4.M5
S4.M6

- How can you improve your shooting percentages for basketball?
- How do you think you would feel if you played in the NBA or WNBA? Explain
- What are some reasons why you enjoy physical activities such as playing basketball?
- Do you and your family value physical fitness? Please explain

- Demonstrate advanced dribbling skills such as behind the back, spin, in and out, cross over between the legs and stutter dribble.
- Box out a defender and rebound the ball
- Utilize correct form when shooting the basketball
- Calculate my shooting percentages from different areas of the court to see where I am most comfortable

- Basketball
- Double dribble
- Traveling violation
- Speed dribble
- Rebounding
- Offensive and Defensive Rebound
- Assist
- V cut, L cut, baseline cut
- Give and Go

Week 15 & Week 16

Teaching Basketball to Secondary school children book

S5.M1
S5.M2

- How do you feel before and after you engage in physical activities during PE class and outside of PE class?
- What would be the short and long-term benefits of keeping physical activity part of your daily routine?
- How can playing sports like basketball benefit you personally and socially?

- Demonstrate on ball and off the defense
- Practice and show give and go strategies
- Identify all the basketball court lines and dimensions
- Participate with my team and utilize offensive and defensive strategies
- Demonstrate basketball skills and knowledge of the game when playing a 4 quarters like game
- Identify the different types of basketball fouls infraction signals

- Backcourt violation
- Three seconds violation
- Top of the key
- Elbow area
- 3 point line
- The paint
- Mid court line
- Overtime
- Personal foul
- Technical foul

Week 17	S3.M15	-How can lifting weights benefit your body?	-Show my knowledge of basketball by doing well on the unit test	
	S3.M16	-What are some important keys/techniques you need to follow to prevent injuries?	-Do my best following techniques and procedures for the weight lifting unit	-Muscular strength
Posters	S3.M17	-To build muscular strength, what types of exercise lifts do you think can help you achieve your goal?	-Demonstrate proper techniques of doing a bench press	-Muscular definition
Dynamic Physical Education Textbook	S3.M18	-To build muscular tone/definition, what types of lifts and the amount of repetitions would you focus on?	-Demonstrate proper techniques of dumb bell lifts	-Pectoral muscle
	S4.M7	-Why do you think it is important to teach weight lifting techniques?	-Demonstrate proper techniques of squats	-Triceps muscle
	S5.M3	-Why do you think people use steroids?	-Demonstrate proper techniques of dead lifts	-Biceps muscle
			-Demonstrate proper techniques of medicine ball activities	-Trapezius muscle
			-Learn and demonstrate lifts to build the biceps and triceps muscles	-Deltoid
			-Learn and demonstrate lifts to build the trapezius and deltoid muscles.	-Latisimus Dorsi
			-Learn and demonstrate lifts to build the hamstring and gastrocnemius muscles	-Abdominal muscles
			-Identify muscles names and their body locations	-Rectus Femoris muscle
				-Gastrocnemius muscle
				Warm ups
				Cool downs
				Intensity
				Reps
				Lifting techniques
Week 18	S4.M1	-How do you feel you performed on all three fitness tests throughout the semester?	-Complete all fitness test activities using my best effort (Post Test)	Bowling
Fitness Log book	S4.M2	-What are some fitness improvements you think	-Analyze all three of my 1-mile run times and come up	Spare
	S5.M4			Strike
Dynamic Physical Education Textbook	S5.M5			Turkey
	S5.M6			Frames

you gained during the semester in PE

- Why do you think you didn't accomplish your fitness goal you set for yourself?
- Now that PE class is coming to a close, what ways do you plan on keeping an active lifestyle?

Explain at least two stress relieving activities that work for you

with a conclusion of how well I performed

- Conclude if I accomplished the fitness goal I set for myself at beginning of the semester
- Demonstrate bowling skills and knowledge of the game
- Turn in a completed bowling score card showing competency of scoring knowledge
- Explain the differences between a strike, spare, turkey is
- Have fun with my partner setting up the bowling pins and playing
- Turn in a completed fitness log showing documentation of physical activities, bell work, and objectives for the semester.

Health Related fitness

Third Quarter

New Semester and set of classes so begin back with Quarter 1

Fourth Quarter

Continue on with 2nd semester and use 2nd quarter Guide

