

**Physical Education Brunswick School Department**  
**Grade 8**  
**Physical Fitness Activities and Knowledge**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ There are proper warm-up, conditioning, and cool-down techniques and reasons for using them.</li> <li>▪ It is necessary to be physically active outside of the school setting in order to be healthier.</li> <li>▪ Time and effort are prerequisites for skill improvement and fitness benefits.</li> <li>▪ There are principles of training and conditioning for physical activity that require implementation.</li> <li>▪ There are benefits that are developed from participating in a variety of physical activities.</li> <li>▪ There are various weight-training techniques.</li> <li>▪ There are benefits of cardiovascular endurance and maintaining a target heart rate through sustained aerobic activity.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What are some basic weight training techniques?</li> <li>▪ How does sustained aerobic activity improve cardiovascular health?</li> <li>▪ What is target heart rate, maximum heart rate, resting heart rate, recovery heart rate?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ There are various weight-training techniques.</li> <li>▪ Developing an individualized personal fitness program is a part of practicing good physical fitness.</li> <li>▪ Cardiovascular endurance leads to improved health.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Weight training</li> <li>○ Cardiovascular endurance</li> <li>○ Aerobic activity</li> <li>○ Target heart rate</li> <li>○ Maximum heart rate</li> <li>○ Resting heart rate</li> <li>○ Recovery heart rate</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Develop a personal fitness program incorporating weight training, cardiovascular exercises, and flexibility exercises to be implemented for 4 – 6 weeks.</li> </ul>
<b>Related Maine Learning Results</b>	<p>H. Physical Fitness Activities and Knowledge  Students demonstrate and apply fitness concepts.</p> <p>H 1. Fitness Assessment  Students participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals.</p> <p>H2. Health-Related Fitness Plan  Students design a fitness program from established goals which addresses the five health-related fitness components and applies the frequency, intensity, time, and type (FITT) guidelines.</p> <p>H3. Fitness Activity</p>

## Physical Education Brunswick School Department

### Grade 8

#### Physical Fitness Activities and Knowledge

	<p>Students participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.</p> <p>H4. Physical Activity Benefits</p> <p>Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.</p>
<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"><li>▪ Students will be reviewing weight training techniques in one class utilizing assorted fitness equipment available.</li><li>▪ Students will write, for homework, a personal fitness program utilizing information learned in 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade to be implemented in class and on their own time for 4 – 6 weeks utilizing SMART goal format.</li></ul>
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"><li>▪ Read and comment on students' personal fitness programs with SMART goal.</li><li>▪ Observe over 4 – 6 weeks time period, work-outs towards achieving individual goals.</li></ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"><li>▪ <u>Publications:</u><ul style="list-style-type: none"><li>○ <u>Complete Physical Education Plans For Grades 7-12</u> – Kleinman</li><li>○ <u>Physical Education for Children</u> – Lee, Thomas, Thomas</li><li>○ <u>Student-Centered Physical Education</u> – Smith, Cestaro</li><li>○ <u>PE Games &amp; Activities Kit</u> – Ken Lumsden</li><li>○ <u>President's Council on Physical Fitness Manual</u> – US Government pamphlet.</li></ul></li><li>▪ <u>Websites:</u></li><li>▪ <a href="http://www.pecentral.org">www.pecentral.org</a></li></ul>