

DOWNEY UNIFIED SCHOOL DISTRICT
Middle School Course Outline

Course Title: Physical Education
Grade Level: 8
Prerequisites: None
Course Description:

The aim of physical education is to promote total physical fitness through selected activities designed to meet the developmental characteristics and needs of each student. The Physical Education Department will offer activities and experiences leading to the social, mental, emotional, and physical development of the individual student.

Students in grade 8 physical education focus on a common group or team goal. The emphasis in eighth grade physical education moves toward team sports including defensive and offensive strategies. Students continue to participate in individual and recreational activities to reinforce a positive attitude toward lifetime fitness.

Emphasis at Grade 8: Working as a team to solve problems.

PROGRAM GOALS

Physical Activity - To develop interest and proficiency in movement skills to lifelong participation in physical activity.

Physical Fitness and Wellness - To develop and maintain the highest level of physical fitness and wellness necessary to meet the demands of high-level physical performance during work, play, and emergency situations.

Movement Skill and Movement Knowledge - To develop increasingly effective motor skills and to understand the fundamentals of movement by practicing and analyzing purposeful movement.

Social Development and Interaction - To develop appropriate social behaviors by working independently and cooperatively during planned physical activity.

Positive Self-Image - To develop and maintain a positive self-image through planned physical activities.

Student Performance
Objectives for this
Course:

PHYSICAL ACTIVITY

Students will

1. participate in a wide variety of grade-level appropriate activities.

Physical Education - continued

PHYSICAL FITNESS AND WELLNESS

Students will

1. demonstrate 8th grade minimum standards for the 1/2 mile, mile, sit and reach, sit-ups, pull-ups, and skinfolds (optional).
2. define and explain the principles of frequency, intensity, and time.
3. design a personal physical fitness program.
4. identify proper warm-up, conditioning, and cooling-down techniques as they pertain to the prevention and care of injuries.

MOVEMENT SKILL AND MOVEMENT KNOWLEDGE

Students will

1. state the principles of movement and the history, rules, and strategies of various sports activities.
2. demonstrate the skills listed under each sport instructional unit.

SOCIAL DEVELOPMENT AND INTERACTION

Students will

1. demonstrate responsibility for their own behavior and appropriately resolve individual and group conflicts.
2. recognize and accept similarities and differences between individuals.

POSITIVE SELF-IMAGE

Students will

1. demonstrate a positive self-image through proper dress, respect for self, respect for others, and respect for property.

Physical Education - continued

Instructional Strategies

- Directed lessons
- Lectures
- Skills checklists/rubrics
- Study guides
- Journals/self-check lists
- Progress charts
- Cooperative learning/student-centered lessons
- Computer utility programs
- Demonstrations
- Performances
- Audio-visual materials
- Portfolios
- Games and strategies

Instructional Units

<u>Weeks</u>	<u>Unit</u>
3-4	Soccer
3-4	Volleyball
3-4	Basketball
3-4	Flag Football
3-4	Softball
2-3	Individual Sport Units <ul style="list-style-type: none">a. Track and Fieldb. Gymnasticsc. Archeryd. Weight Traininge. Fitness
2-3	Combative Units <ul style="list-style-type: none">a. Wrestlingb. Self-Defense

Physical Education - continued

Instructional Units - continued

Weeks	Unit
2-3	Recreational Units a. Hockey b. Frisbee c. Paddle Tennis d. Croquet e. Badminton f. Cricket g. Horseshoes h. Jai Lai i. Shuffleboard j. Golf k. Hackeysack l. Juggling
2-3	Dance Unit
2-3	Cooperative Games Unit a. Project Adventure
2-3	Field and Large Group Game Unit
1-2	Health Unit a. Nutrition b. Fitness c. Drug, Alcohol, and Substance Abuse

Evaluation

Student progress will be evaluated by:

- Class participation
- Student performance
- Class preparation
- Teacher evaluation
- Teacher observation
- Written tests
- Skills test
- Oral tests (designed for LEP, special education students)
- Homework
- Contracts
- Improvement (pre- and post- testing)
- Portfolios

Course Title: Basketball
Grade Level: 8
Prerequisites: None
Course Description:

Student Performance Objectives for this Course:

Students will

1. discuss the key points of the basic basketball skills.
2. describe the rules governing play.
3. demonstrate the various skills; a legal pivot, slide, offensive/defensive stance, one hand set shot, one handed free-throw, guarding.
4. discuss and apply Newton's Third Law.
5. identify the various defensive zones: 2-1-2, 2-3, Box and one.
6. verbally use and define the basic terminology associated with the game of basketball.

Basketball - continued

Instructional Strategies

Instructional Units

WeeksUnit

- A. Conditioning and Stretching
- B. Purpose of the Game and General Game Concepts.
- C. Basic Rules and History of Game
- D. Fundamental Skills
 - a. Pivoting
 - b. Sliding
 - c. One-handed set shot/one-handed free-throw
- E. Individual Offense
 - a. Cutting
 - b. Driving
- F. Individual Defense
 - a. Basic stance and movement
 - b. Guarding player with ball
 - c. Guarding player without ball
- G. Team Concepts
 - a. Basic concepts on how to attack a player/player offense
 - b. Player to player defense
 - c. Free-throw alignment
 - d. 2-3, 2-1-2, 1-2-2 Defense zones
- H. Terminology
 - a. Backcourt
 - b. Field goal
 - c. Feint
 - d. Give and go
 - e. Fastbreak
 - f. Screen

Basketball - continued

History of Basketball

Inventor of basketball: Dr. James A. Naismith

Where was Basketball invented: Y.M.C.A. College in Springfield, Massachusetts

When was basketball invented: January 20, 1892

The first rules were a combination of lacrosse and football

Rules of Basketball

1. Length of game - (4) eight minute quarters
2. Boundary lines are outside the playing court.
3. When each team attempts to score in its own basket which is at the opposite ends of the floor. The opposing team attempts to prevent the team from reaching its basket.
4. When a player gets the ball, it must be advanced toward his/her basket - the one guarded by the opposing team. The player must not run with the ball. It is a violation of the rules to take more than one step while either hand is touching the ball.
5. The player can advance the ball by dribbling; that is, by running and bouncing the ball. In this way, the hand is not in contact with the ball for more than a single step at a time.
6. There are no restrictions on how the player passes the ball.
7. There are no restrictions on how a player can shoot the ball.
8. A team scores by throwing the ball through its own basket from the top downward.
9. After a score, the ball is dead. It must be in bounded by the opposing team.
10. For certain penalties, one or two free-throws are awarded to the team which was fouled. One player stands behind the line in the free-throw circle and tries to throw the ball through the basket.
11. A team scores 1 point for each successful throw.
12. On every basket made during play, the team making the basket receives 2 points. This is known as a field goal. The team that scores the most points during the game wins.

Basketball - continued

Evaluation

Student progress will be evaluated by:

- Written quiz
- Skills test
- Teacher observation
- Social skills

Materials and Resources

Course Title: Volleyball
Grade Level: 8
Prerequisites: None
Course Description:

**Student Performance
Objectives for this
Course:**

Students will

1. discuss the basic history of volleyball.
2. discuss and demonstrate the rules of volleyball.
3. demonstrate proficient skills in the following areas: serve, forearm pass, overhand pass, attack, strategies, systems.
4. recognize and accept differences in games/drills through peer teaching and group interaction.
5. identify and discuss related terminology.

Volleyball - continued

Instructional Strategies

Instructional Units

Weeks Unit

- A. History of Game
- B. Conditioning Aspects of Game
 - a. Running
 - b. jumping
 - c. Stretching
 - d. Explosive sprinting/jumping
- C. Game Concepts
 - a. Court markings and positions
 - b. Safety
 - c. Equipment
- D. Fundamental Skills
 - a. Serve (underhand, overhand floater)
 - b. Forearm pass (serve reception, free-ball pass, side and back to target)
 - c. Overhead pass (set forward, free-ball pass)
 - d. Attack (spike)
- E. Strategies
 - a. Pass to center front
 - b. Set to left front
 - c. Spike
- F. Systems
 - a. Five-person, "W" serve reception pattern
- G. Play Modified Games (Instant Winner) and Regulation Games

Evaluation

Student progress will be evaluated by:

Written test
Proficiency skills test
Observation during competition

Course Title: Soccer
Grade Level: 8
Prerequisites: None
Course Description:

Student Performance Objectives for this Course:

Students will

1. describe the rules governing play.
2. demonstrate a proficiency in the following skills: kicking, trapping, dribbling, passing, tackling, heading, throw-ins, and goalkeeping.
3. identify the safety precautions.
4. verbally use and define the basic terminology associated with the game.
5. discuss the history of soccer in brief.
6. recognize and accept differences in games/drills through peer teaching and group interaction.

Soccer - continued

Instructional Strategies

Instructional Units

Weeks Unit

- A. Overview of the Game of Soccer (see 7th grade Nature/Purpose)
- B. Conditioning Aspects
 - a. Drills
 - b. Exercises
 - c. Movements related to soccer
- C. Basic Game Concepts
 - a. Field of play
 - b. Equipment
 - c. Safety
 - d. Playing etiquette
- D. Rules - discuss when appropriate
- E. Skills and Techniques - review and teach in sequence whenever possible
 - a. Kicking
 - b. Trapping
 - c. Dribbling
 - d. Tackling
 - e. Heading
 - f. Throw-ins
 - g. Kick-off
 - h. Goalkeeping
 - i. Free kicks
 - j. Penalty kicks
 - l. Corner kicks
- F. Strategies
 - a. Player positional responsibilities
 - b. Offensive principles
 - c. Defensive principles
- G. Game Play (World Cup)

Course Title: Flag Football
Grade Level: 8
Prerequisites: None
Course Description:

**Student Performance
Objectives for this
Course:**

Students will

1. describe the rules governing play.
2. demonstrate a proficiency in the following skills: the stance, passing, catching, blocking, tackling, and kicking.
3. identify the safety precautions.
4. verbally use and define the basic terminology associated with the game.

Flag Football - continued

Instructional Strategies

Instructional Units

Weeks

Unit

- A. Nature and Purpose of Flag Football
- B. Conditioning Aspects
 - a. Drills
 - b. Exercises
 - c. Movements related to flag football
- C. Basic Game Concepts
 - a. Field of play
 - b. Equipment
 - c. Safety
 - d. Playing courtesies
- D. Rules and Coeducational Rules - don't discuss all rules at one time, discuss when appropriate
- E. Skills and Techniques - teach in sequences whenever possible
 - a. Stance
 - 1. Three-point
 - 2. Upright stance
 - b. Ball carrying
 - c. Passing and receiving
 - 1. Pass patterns
 - d. Kicking
 - 1. Punting
 - 2. Place kick
 - 3. Kickoff
 - e. Blocking
 - f. Tackling
 - 1. Flag detachment
 - g. Centering
 - 1. Direct snap
 - 2. Long snap

Flag Football - continued

Instructional Units - continued

Weeks Unit

- F. Strategies (offensive/defensive concepts)
 - a. Offense
 - 1. T-formation
 - 2. Shotgun formation
 - 3. Single wing
 - b. Defense
 - 1. Pass defense/rush defense
 - 2. Running defense

- G. Game Play - NFL/AFL (with playoffs and SuperBowl)

Football Terminology

Block: Action of an offensive lineman and backs in which they use their bodies to ward off defensive players from ball carrier.

Clipping: A blocking action in which a player blocks a non-ball carrier from behind. "THIS IS A PERSONAL FOUL AND A 15 YARD PENALTY."

Fair Catch: A player may make a fair catch on a kickoff return, or punt return by raising his hand clearly above his head before making the catch. He may not be tackled, and may not take more than two steps after receiving the ball.

Hand-off: An offensive play in which one back hands the ball off the another back who attempts to advance the ball.

Line of Scrimmage: An imaginary line or vertical plane passing through the end of the ball nearest a team's goal line and parallel to the goal lines.

Off Sides: When an offensive player is ahead of the ball before it is snapped. (The penalty is 5 yards)

Safety: A score made when a free ball or one in possession of a player defending his own goal, becomes dead behind the goal.

OL CENTER OL
O X O

HB QB HB
(T-FORMATION)

Flag Football - continued

Basic Rules for Flag Football

Scoring Scoring is the same as in regulation football:

Touchdown	6 points
Field goal	3 points
Safety	2 points
Point after touchdown	1 point by kick, 2 points by run or pass

Players and Officials

Players: A team consist of (7) players. There must be at least (3) players on the line of scrimmage when the ball is put into play.

Substitutes: Any number of substitutions may be made at any time during the game. Substitutes must report to the referee.

Officials: Officials consist of a referee, an umpire, and linesmen.

Playing Regulations

Starting the game: A coin toss determines which team kicks off or receives. Privileges are reversed at the beginning of the third quarter.

Fumbled ball: A fumbled ball at any time is dead and belongs to the team that fumbled the ball at the point of the fumble, the down and point to be gained remain the same.

First downs: A team has (4) chances to move the ball from one 20 yard zone to the next. If this does not occur, the ball goes to the opposite team at that spot.

Passing: The following regulations govern passing:
1. All players on both teams are eligible to catch passes.
2. Forward passes may occur anywhere behind the line of scrimmage, and lateral passes may occur anywhere on the field.
3. Any number of passes may be thrown in a series of downs.

Flag Football - continued

Penalties in Flag Football

5-yard penalty infractions (from the line of scrimmage)

Offsides
Delay of game
Less than three players on line of scrimmage
Illegal motion or shift
Illegal forward pass

15-yard penalty infraction (from spot of foul)

Illegal use of hands
Illegal block
Unnecessary roughness (push, tackle, shove, trip, holding)
Unsportsmanlike conduct
Clipping
Pass interference