



# School District of Horicon

## Course Outline

### Learning Targets

#### PE 8

##### UNIT: Team Building

- Independently provide and accept positive and constructive feedback to a peer using clear communication skills, to improve performance.
- Apply conflict resolution strategies to resolve differences.

##### UNIT: Fitness Testing

- Evaluate personal barriers' long-term impacts on life and refine personal plans to eliminate barriers.

##### UNIT: Track and Field

- Identify ways to improve performance using teacher-generated criteria.
- Independently, identify, integrate and utilize personal strengths in overcoming challenges for further development and success.

##### UNIT: Softball

- Throw and catch with a mature pattern for distance or power appropriate to the activity during small-sided game play, including those from other cultures.
- Strike an object with an implement for power to open space in a variety of small sided game play, including those from other cultures.

##### UNIT: Flag Football

- Pass and receive with an implement in combination with locomotor patterns of running and change of direction, speed and level with competency within small sided invasion games.

##### UNIT: Volleyball

- Execute an underhand serve for distance and accuracy for net and wall games.
- Forehand and backhand volley with a mature form and control using a short handled implement during modified game play.
- Recognize differences and include others.

### **UNIT: Weight Training**

- Apply the overload principle (FITT formula) in preparing a personal workout.
- Develop strategies for balancing healthy food, snacks, and water intake along with daily physical activity.

### **UNIT: Team Handball**

- Vary the speed, force, and trajectory of the shot based on the location of the object in relation to the target.

### **UNIT: Archery**

- Demonstrate correct technique for basic skills in Archery.

### **UNIT: Badminton**

- Demonstrate the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games.
- Strike with a mature overhand pattern in modified net/wall games.

### **UNIT: Post Fitness testing**

- Compare and contrast health-related fitness and skill-related fitness components.
- Set and monitor a self-selected physical activity S.M.A.R.T. goal for aerobic and muscle- and bone-strengthening activity based on current fitness level.

*Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.*