

**CURTIS CORNER MIDDLE SCHOOL**  
**PHYSICAL EDUCATION OVERVIEW**  
**GRADE EIGHT**

The purpose of this overview is to present an outline of study in physical education for grade eight.

Physical education has a definite place in the growth and development of the child and should not be treated as a recess period. In order that there be an effective progression from six grade to grade twelve, physical education teachers will select activities that are age appropriate and challenging.

The eighth grade students will be able to achieve and maintain a health-enhancing level of fitness, as well as, demonstrates an understanding and respect for differences among people in physical activity settings.

The units covered in grade 8 include:

- Adventure games
- Soccer Unit
- Fitnessgram Unit
- Floor Hockey Unit
- Flag Football Unit
- Dance Unit
- Basketball Unit
- Volleyball Unit
- Fitness Unit

Any physical education program/ unit are subject to change.