

MS Curriculum Overview

1. Course Title	8th Grade Physical Education			
2. Course Overview	<p>This half-year Physical Education course provides students with opportunities to continue developing movement skills, physical fitness, teamwork, and healthy lifestyle habits through a variety of games, sports, and recreational activities. Students will build competence and confidence in physical activity while demonstrating responsible behavior, cooperation, and sportsmanship. Students will also perform the CT physical fitness testing.</p>			
3. Main Resource Used	<p>Healthy and Balanced Living Curriculum Framework Connecticut State Department of Education</p> <p>OPEN Physical Education Curriculum</p>			
4. Unit Sequence & Titles	<p>Unit 1</p> <p>Target Games</p>	<p>Unit 2</p> <p>Fitness Testing</p>	<p>Unit 3</p> <p>Invasion Games</p>	<p>Unit 4</p> <p>Net and Wall Games</p>