
Coal City Unit District #1
Eighth Grade
Physical Education Curriculum

- PE.8:1** **Students will demonstrate the game of speed ball. (IL 19A, 19AH, 19CH, 19CH, 21AH, 21B)**
- PE.8:1-1 Define three types of scoring and the point values.
PE.8:1-2 Identify rules and terminology.
- PE.8:2** **Students will identify physical fitness concepts. (IL 19A, 19C, 20AH, 20BH, 20CH, 22A)**
- PE.8:2-1 Identify vocabulary, muscles and terminology in physical fitness concepts.
PE.8:2-2 Identify physical fitness tests and their benefits.
PE.8:2-3 List the 5 components of fitness.
PE.8:2-4 Define the difference between aerobic and anaerobic exercise.
PE.8:2-5 Make a workout plan using each letter in the F.I.T.T. principle.
- PE.8:3** **Students will demonstrate the game of badminton. (IL 19A, 19AG, 19BH, 19C, 19CH, 21A, 21B)**
- PE.8:3-1 Identify rules, terminology and safety precautions.
PE.8:3-2 Demonstrate and identify four shots in badminton: drop, smash/kill, clear and drive shot.
PE.8:3-3 Demonstrate and identify the underhand serve.
- PE.8:4** **Students will demonstrate square dancing. (IL 19A, 19AH, 21A, 21AH, 21B, 21BH)**
- PE.8:4-1 Perform and identify 5 or 6 different square dances.
PE.8:4-2 Identify terminology in square dancing.
PE.8:4-3 Demonstrate square dance etiquette.
- PE.8:5** **Students will demonstrate the game of bowling. (IL 19C, 19A, 19AH, 19BH, 20C)**
- PE.8:5-1 Identify rules and demonstrate etiquette of bowling.
PE.8:5-2 Identify terminology and symbols of bowling.

- PE.8:6 Students will demonstrate the game of bocce ball, washers and bean bags. (IL 19C, 19A, 19AH, 19CH, 20C, 21A)**
- PE.8:6-1 Identify rules and terms of lifetime activities.
 - PE.8:6-2 Identify scoring patterns in bocce ball, washers and bean bags.
 - PE.8:6-3 Identify strategies involved in bocce ball, washers and bean bags.
- PE.8:7 Students will demonstrate the game of soccer. (IL 19A, 19AH, 19C, 19CH, 21AH, 21B)**
- PE.8:7-1 Identify and define proper fundamental skills involved in the game of soccer.
 - PE.8:7-2 Identify rules in soccer.
- PE.8:8 Students will demonstrate the game of softball. (IL 19A, 19AH, 19C, 19CH, 21B, 21A, 21AH)**
- PE.8:8-1 Identify rules, fundamentals and terms in softball.
 - PE.8:8-2 Label player positions in softball.
- PE.8:9 Students will describe behaviors and choices that reduce health risks. (IL 22A, 22B, 24B)**
- PE.8:9-1 Recognize the benefits of dental hygiene.
 - PE.8:9-2 Investigate ways that effective health promotion can maintain or improve health.
 - PE.8:9-3 Compare and contrast personal health-related behaviors and choices that reduce health risks.
- PE.8:10 Students will recognize laws for abandoned newborn, infant protection and child abduction. (IL 22D)**
- PE.8:10-1 Identify ways students can help others make healthy choices.
 - PE.8:10-2 Identify community-based health resources that advocate for healthy individuals, families, and communities.
- PE.8:11 Students will demonstrate an understanding of public and environmental health and how it can affect personal health. (IL 22A, 22B, 22C)**
- PE.8:11-1 Show awareness of rules, regulations, and safety procedures to be followed while engaged in physical activity.
 - PE.8:11-2 Determine the signs and symptoms of the top three chronic diseases: cancer, heart disease, and diabetes.
 - PE.8:11-3 Demonstrate actions to be taken during emergency situations. (e.g. tornadoes, fire, lightning)

PE.8:12 Students will identify methods to prevent bullying. (22B, 22D, 24A)

- PE.8:12-1 Discuss how peers affect health-related choices.
- PE.8:12-2 Demonstrate the ability to influence and support others in making positive health choices.
- PE.8:12-3 Demonstrate body language and actions that reflect passive, assertive, aggressive, and passive-aggressive forms of communication.