



8th Grade Physical Education Weekly Lesson Plans

C. Establishes/monitors personal fitness goals

Teacher: PE

Week of: ALL

Main Concept of Week: Fitness/activity

Alignment

TEKS:

Movement Patterns:

D. Moves in time to rhythmic patterns

A. Performs locomotor skills in rhythmic activity

Movement Motor Skills:

- A. Practices static, attention, setting, and effort
- B. Changes based on feedback to improve skills

Physically Active Lifestyle and Health:

B. Participates in vigorous physical activities

TAKS:

Reading:

Obj. 1-4: Obj 4- Analyzes Texts

Concepts: O2-Paraphrases/summarizes text to recall info

Writing:

Obj. 1-2: Obj 2- Punctuation **Concepts:** O2-Spells frequently misspelled words correctly

Obj. 3-6 :Select **Concepts:** Select

Math:

Obj. 1-2: 1- Operations

Concepts: O1-Determines reasonableness of solutions

Obj. 3-6: 4-Measurement

Concepts: O6-Identifies/applies math to everyday experiences

Technology TEKS:Select

Objective: Select

Technology TEKS:Select

Objective: Select

Day	In-Class Instructional Focus	Homework
Mon	FBISD Obj: Participate in specific sport skill, Tournament Procedures: Model skill and introduce practice drill Assignment: Participate in drill Materials: Assessment: Participation	Assignment:
Tues	FBISD Obj: Participate in physical fitness activity. Procedures: Fitness Gram Pacer Test Assignment: 30 meter test 50 legths/ 2 points per length Materials: Fitness Gram Assessment: Graded Work	Assignment: 2 points per length
Wed	FBISD Obj: Understand rules of game and strategy, Tournament Procedures: Introduce rules and strategy of game Assignment: Pick teams Materials: Assessment: Participation	Assignment:
Thurs	FBISD Obj: Participate in physical fitness activity Procedures: Gator run Assignment: 5 laps on track in 20 min Materials: Running sticks Assessment: Graded Work	Assignment: 20 points per lap/stick
Fri	FBISD Obj: Reward Day Procedures: Reward Day Assignment: Free play ; or 1 mile run for those who did not dress out or failed the Gator Run Materials: Assessment: Participation	Assignment: