



8th Grade Physical Education Weekly Lesson Plans

Select Objectives

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

Daily Physical Activity:

A. Describes long-term benefits of physical action

D. Analyzes effect of activity on heart rate

Applies Safety Practices:

A. Uses equipment safely

B. Selects proper attire for participation

Social Development in Physical Activities:

A. Knows basic rules for sports

B. Keeps accurate score during a contest

Positive Self-management and Social Skills:

C. Follows rules while playing sports

D. Accepts decisions made by game officials

Technology TEKS:Select

Objective: Select

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Objective: Select

Day	In-Class Instructional Focus	Homework
Mon	FBISD Obj: Participate in physical fitness activity Procedures: Weight Room Station Rotations (28) 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: Assessment: Graded Work	Assignment: 2 points per length
Wed	FBISD Obj: Participate in physical fitness activity Procedures: Gym Exersize Stations (9) Assignment: Work out teams of 4-8 students per station 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: Participation in physical fitness activity Procedures: P90x,Jump Rope Jive Assignment: Whole group video work out Materials: CDPlayer, Mic., and Video Projector Assessment: Participation	Assignment: