

Course Overview: Physical Education 8

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Year**
Length:
Status: **Published**

Course Overview

Aligned to Standards:

2020 New Jersey Student Learning Standards for Comprehensive Health & Physical Education

Revision Date: 6/23/2025

In compliance with the NJ Student Learning Standards, climate change, career readiness, DEI (Diversity, Equity, & Inclusivity), as well as other standards have been integrated within the NBCRSD curricula (NJ Administrative Code Title 6A: chapter 8; Title 18A: chapter 35).

Course Overview

Sequence- Unit Titles, Summaries, and Number of weeks per unit (total = 18 semester/36 year)

Unit 1 - Fitness: The 8th grade fitness unit focuses on developing students' understanding of physical fitness concepts and improving their overall health and wellness through structured physical activity. Students learn about the five components of fitness—cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition—and how each contributes to lifelong health. The unit includes a variety of fitness assessments and activities such as circuit training, aerobic exercises, strength training, and stretching routines. Emphasis is placed on goal setting and tracking personal progress to promote responsibility and self-motivation. Students also explore the connection between physical activity, nutrition, and mental well-being. By the end of the unit, students gain the knowledge and skills necessary to maintain an active lifestyle and make informed decisions that support their personal fitness goals (Unit Length - 3 Weeks).

Unit 2 - Flag Football: The 8th grade flag football unit introduces students to the fundamental skills, rules, and strategies of the game in a safe, non-contact environment. Students learn and practice key techniques such as passing, catching, hand-offs, route running, and defensive positioning. The unit emphasizes teamwork, communication, and sportsmanship as students work together in small-sided games and structured drills. Students also develop an understanding of offensive and defensive strategies, including formations and play execution. Through modified gameplay and skill-building activities, students enhance their cardiovascular fitness, agility, and coordination. In addition to physical skill development, the unit promotes critical thinking, fair play, and leadership on and off the field. By the end of the unit, students are able to demonstrate improved football skills, apply basic strategies in game situations, and work effectively as part of a team (3 Weeks).

Unit 3 - Ultimate Games: In this unit, 8th grade students will learn and apply the fundamental skills and rules for ultimate frisbee, handball, and capture the flag. This

involves developing throwing, catching, and strategic movement skills specific to each game, alongside practicing teamwork, communication, and fair play within diverse game scenarios. The aim is to enhance your physical activity, strategic thinking, and collaborative abilities through these varied ultimate games (Unit Length - 3 Weeks).

Unit 4 - Basketball: In the 8th grade basketball unit, students focus on developing individual skills, teamwork, and an understanding of the game. Students will learn and practice fundamental basketball techniques, including dribbling, passing, shooting, rebounding, and defensive movements. The unit incorporates skill-building drills, small-group activities, and modified gameplay to help students apply their skills in real-time situations. Emphasis is placed on offensive and defensive strategies, court awareness, and rules of the game. Students will also develop communication and collaboration skills as they work together in team settings, promoting good sportsmanship and leadership. In addition to physical skill development, the unit supports cardiovascular fitness, agility, and hand-eye coordination. By the end of the unit, students are able to demonstrate proper technique, apply basic strategies during gameplay, and show respect for teammates, opponents, and officials (Unit Length - 3 Weeks).

Unit 5 - Volleyball: In this unit, 8th grade students learn the fundamental skills, rules, and strategies of the game. Key skills taught include serving, passing (bumping), setting, spiking, and teamwork. Students practice proper technique and develop coordination, communication, and movement on the court. The unit emphasizes teamwork, sportsmanship, and game play, helping students understand positions, rotations, and basic game strategies. Both individual skill-building and cooperative team activities are used to build confidence and competence. By the end of the unit, students will be able to perform basic volleyball skills, understand the rules of the game, and work effectively with teammates during gameplay (Unit Length - 3 Weeks).

Unit 6 - Badminton: The 8th grade badminton unit introduces students to the basic skills, rules, and strategies of the game while promoting physical activity and coordination. Students learn fundamental techniques such as the forehand and backhand grip, serving, overhead clear, drop shot, and smash. The unit focuses on developing hand-eye coordination, footwork, and agility through drills and rally-based practice. Students also learn the rules of singles and doubles play, scoring, and court positioning. Emphasis is placed on sportsmanship, strategy, and cooperative gameplay as students work with partners and rotate through various matchups. Through practice and modified games, students gain an appreciation for the sport, improve their reaction time, and build cardiovascular endurance. By the end of the unit, students are able to apply proper techniques, demonstrate understanding of game rules, and participate in competitive and recreational badminton with confidence and respect for others (Unit Length - 3 Weeks).

Unit 7 - Softball: The 8th grade softball unit focuses on teaching students the fundamental skills, rules, and strategies of the game while promoting teamwork and physical fitness. Students learn and practice key techniques such as throwing, catching, fielding, batting, and base running. The unit emphasizes proper mechanics, safety procedures, and positional responsibilities in both infield and outfield play. Through drills, partner work, and small-sided games, students develop coordination, agility, and communication skills. Rules of the game—including innings, scoring, and strike zone awareness—are reinforced through guided practice and modified gameplay. Students also explore offensive and defensive strategies, including base coverage, cutoffs, and situational awareness. By the end of the unit, students are able to demonstrate proper softball skills, apply game rules,

and contribute positively to team play with good sportsmanship and cooperation (Unit Length - 3 Weeks).

Unit 8 - Outdoor Recreational Games: In this unit, 8th grade students are introduced to fun, low-impact outdoor games that encourage physical activity, teamwork, and friendly competition. These games promote hand-eye coordination, strategic thinking, cooperation, and sportsmanship in a relaxed, inclusive setting. This unit helps students build physical and social skills while discovering ways to stay active outside of traditional sports. By the end, students understand that physical activity can be enjoyable and accessible for everyone (Unit Length - 3 Weeks).

[Reporting Student Progress](#) (link to NB's Assessment System)

All courses follow a balanced assessment system with Practice and Assessments. Each category includes formative, summative and alternative assessments.

[Accommodations and Modifications](#) (link to menu)

Integrated accommodations and modifications for special education students, English language learners, students at risk of school failure, gifted and talented students, and students with 504 plans.