



Secondary Curriculum and Development

ALIGN, ADVANCE, ENGAGE.

Physical Education – Grade 8

2021-2022 Pacing Calendar

Units of Instruction

Class Orientation

Students will be provided with information on basic classroom procedures, uniforms, locker grading system, locker assignments, and safety precautions such as hydration, ozone awareness, heat safety, first aid and asthma.

Unit 1: Foundations of Personal Fitness

Focuses on conditioning the body for physical performance, flexibility, fitness, and longevity to meet the physical demands of everyday life. The lesson also focuses on the safety and proper nutrition required to enhance an excellent quality of life. In addition, students will participate in activities that focus on fun, personal fitness, principles for physical performance and wellness, and unique challenges and participation in a non-competitive atmosphere.

| 2021 | August | | | | | |
|------------|---|--|--------------------------------------|---------------------------------------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| | Enrichment Opportunities | | | | | |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| | Enrichment Opportunities | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Teacher Service Days (no students) | | Teacher Prep Day (no students) | Teacher Service Days (no students) | | |
| 22 C1W1 | 23 Unit 1 22- 45-min. class periods) | 24 | 25 | 26 | 27 | 28 |
| 29 C1W2 | 30 Unit 1 22- 45-min. class periods) | 31 | 01 | 02 | 03 | 04 |
| 05 | 06 | Notes: Aug. 16-20 - Teacher Service Days (no students) | | | | |



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Units of Instruction

Unit 1: Foundations of Personal Fitness
Focuses on conditioning the body for physical performance, flexibility, fitness, and longevity to meet the physical demands of everyday life. The lesson also focuses on the safety and proper nutrition required to enhance an excellent quality of life. In addition, students will participate in activities that focus on fun, personal fitness, principles for physical performance and wellness, and unique challenges and participation in a non-competitive atmosphere.

| 2021 | | September | | | | |
|------------|---|---|--|--------------------|---|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 29 C1W2 | 30 | 31 | 01 Unit 1 22- 45-min. class periods) | 02 | 03 | 04 |
| 05 C1W3 | 06 Labor Day | 07 Unit 1 22- 45-min. class periods) | 08 | 09 | 10 | 11 |
| 12 C1W4 | 13 Unit 1 22- 45-min. class periods) | 14 | 15 | 16 Fall Holiday | 17 Teacher Service Day (no students) | 18 |
| 19 C1W5 | 20 Unit 1 22- 45-min. class periods) | 21 | 22 | 23 | 24 | 25 |
| 26 C1W6 | 27 • Extend • Review • Assess • Reteach | 28 | 29 | 30 | 01 | 02 |
| 03 | 04 | Notes: Sept. 6 - Labor Day Sept. 16 - Fall Holiday Sept. 17 - Teacher Service Day (no students) | | | | |



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Units of Instruction

Unit 2: Team Sports and Fitness Testing

Focuses on activities with participants working together whose common goal is to defeat an opposing team while supporting and encouraging each other and using fitness principles for carryover into a lifetime fitness plan. In addition, students will participate in the pre-test of the physical fitness test.

| 2021 | | October | | | | |
|------------|---|---|-----------|----------|---|---------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 26 C1W6 | 27 | 28 | 29 | 30 | 01 • Extend • Review • Assess • Reteach | 02 END OF CYCLE 1 |
| 03 C2W1 | 04 Teacher Service Day (no students) | 05 Unit 2 (23 45-min. class periods) | 06 | 07 | 08 | 09 |
| 10 C2W2 | 11 Unit 2 (23 45-min. class periods) | 12 | 13 | 14 | 15 • Extend • Review • Assess • Reteach | 16 |
| 17 C2W3 | 18 Unit 2 (23 45-min. class periods) | 19 | 20 | 21 | 22 | 23 |
| 24 C2W4 | 25 Unit 2 (23 45-min. class periods) | 26 | 27 | 28 | 29 • Extend • Review • Assess • Reteach | 30 |
| 31 | 01 | Notes: Oct. 4 - Teacher Service Day (no students) | | | | |



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Units of Instruction

Unit 2 – Team Sports and Fitness Testing
Focuses on activities with participants working together whose common goal is to defeat an opposing team while supporting and encouraging each other and using fitness principles for carryover into a lifetime fitness plan. In addition, students will participate in the pre-test of the physical fitness test.

Unit 3: Conditioning, Lead-up Sports and Recreational Games
Focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.

| 2021 | | November | | | | |
|------------|---|--|-----------|----------|---|-----------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 31 C2W5 | 01 Unit 2 (23 45-min. class periods) | 02 | 03 | 04 | 05 | 06 |
| 07 C2W6 | 08 Unit 2 (23 45-min. class periods) | 09 | 10 | 11 | 12 • Extend • Review • Assess • Reteach | 13 END OF CYCLE 2 |
| 14 C3W1 | 15 Unit 3 (24 45-min. class periods) | | | | | 20 |
| 21 | 22 Thanksgiving | | | | | 27 |
| 28 C3W2 | 29 Unit 3 (24 45-min. class periods) | 30 | 01 | 02 | 03 | 04 |
| 05 | 06 | Notes: Nov. 22-26 - Thanksgiving Break | | | | |



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Units of Instruction

Unit 3: Conditioning, Lead-up Sports and Recreational Games

Focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.

| 2021 | | December | | | | |
|------------|--|-------------------------------------|--|----------|---|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 28 C3W2 | 29 | 30 | 01 Unit 3 (24 45-min. class periods) | 02 | 03 | 04 |
| 05 C3W3 | 06 Unit 3 (24 45-min. class periods) | 07 | 08 | 09 | 10 • Extend • Review • Assess • Reteach | 11 |
| 12 C3W4 | 13 Unit 3 (24 45-min. class periods) | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 Enrichment Opportunities | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 01 |
| 02 | 03 | Notes: Dec. 20-31 - Winter Break | | | | |



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Units of Instruction

Unit 3: Conditioning, Lead-up Sports and Recreational Games

Focuses on conditioning for physical performance, flexibility, health, and longevity to meet the physical demands of everyday life; the lesson also focuses on safety, proper nutrition, and substance abuse. In addition, students will participate in sports and games for fun, leisure, and recreational activities that may be enjoyed at home, on vacation, in parks, and camping, while contributing to a lifetime of fitness.

Unit 4: Rhythm and Dance

Focuses on movement that teaches rhythmical patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction.

| 2022 | | January | | | | | |
|------------|--|---|--|----------|--------|---|-----------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| 26 | 27 | 28 | 29 | 30 | 31 | 01 | |
| 02 C3W5 | 03 Unit 3 (24 45-min. class periods) | | 04 | 05 | 06 | 07 | 08 |
| 09 C3W6 | 10 Unit 3 (24 45-min. class periods) | | 11 | 12 | 13 | 14 • Extend • Review • Assess • Reteach | 15 END OF CYCLE 3 |
| 16 C4W1 | 17 Martin Luther King, Jr. Day | 18 Teacher Prep Day (no students) | 19 Unit 4 (22 45-min. class periods) | 20 | 21 | 22 | |
| 23 C4W2 | 24 Unit 4 (22 45-min. class periods) | 25 | 26 | 27 | 28 | 29 | |
| 30 C4W3 | 31 Unit 4 (22 45-min. class periods) | Notes: Jan. 17 - Martin Luther King, Jr. Day Jan. 18 - Teacher Preparation Day (no students) | | | | | |



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Units of Instruction

Unit 4: Rhythm and Dance

Focuses on movement that teaches rhythmical patterns and performances, such as folk, square, aerobic dance, and social dancing, enhancing cultural diversity and promoting social interaction.

Unit 5: Fitness Testing and Individual Sports

Focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.

| 2022 | | February | | | | |
|------------|--|--|-----------|----------|--------|----------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 30 C4W3 | 31 | 01 Unit 4 (22 45-min. class periods) | 02 | 03 | 04 | 05 |
| 06 C4W4 | 07 Unit 4 (22 45-min. class periods) | 08 | 09 | 10 | 11 | 12 |
| 13 C4W5 | 14 Unit 4 (22 45-min. class periods) | 15 | 16 | 17 | 18 | 19 |
| 20 C4W6 | 21 Teacher Service Day (no students) | 22 • Extend • Review • Assess • Reteach | 23 | 24 | 25 | 26 END OF CYCLE 4 |
| 27 C5W1 | 28 Unit 5 (26 45-min. class periods) | 01 | 02 | 03 | 04 | 05 |
| 06 | 07 | Notes: Feb. 21 - Teacher Service Day (no students) | | | | |



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Units of Instruction

Unit 5: Fitness Testing and Individual Sports

Focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.

| 2022 | | March | | | | |
|------------|--|---|-----------|--------------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 27 C5W1 | 28 | 01 Unit 5 (26 45-min. class periods) | 02 | 03 | 04 | 05 |
| 06 C5W2 | 07 Unit 5 (26 45-min. class periods) | 08 | 09 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Enrichment Opportunities | | | Spring Break | | |
| 20 C5W3 | 21 Unit 5 (26 45-min. class periods) | 22 | 23 | 24 | 25 | 26 |
| 27 C5W4 | 28 Chávez / Huerta Day | 29 Unit 5 (26 45-min. class periods) | 30 | 31 | 01 | 02 |
| 03 | 04 | Notes: Mar. 14-18 - Spring Break Mar. 28 - César Chávez/Dolores Huerta Day | | | | |



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Units of Instruction

Unit 5: Fitness Testing and Individual Sports

Focuses on students participating in the post-test of the physical fitness test and sports where a student experiences as an individual, emphasizing learning the basics of the sport, form, rules, and sportsmanship. In addition, part one will focus on the post-test of the physical fitness test, while part two will focus on individual sports.

Unit 6: Outdoor and Recreation Activities

Focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.

| 2022 | | April | | | | |
|------------|---|---|-----------|----------|--|-----------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 27 C5W4 | 28 | 29 | 30 | 31 | 01 Unit 5 (26 45-min. class periods) | 02 |
| 03 C5W5 | 04 Unit 5 (26 45-min. class periods) | 05 | 06 | 07 | 08 | 09 |
| 10 C5W6 | 11 Unit 5 (26 45-min. class periods) | 12 | 13 | 14 | 15 Spring Holiday | 16 |
| 17 C5W7 | <ul style="list-style-type: none"> • Extend • Review • Assess • Reteach | | | | | 23 END OF CYCLE 5 |
| 24 C6W1 | 25 Unit 6 (25 45-min. class periods) | | | | | 29 |
| 01 | 02 | Notes: Apr. 15 - Spring Holiday | | | | |



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Units of Instruction

Unit 6: Outdoor and Recreation Activities

Focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.

| 2022 | | May | | | | |
|------------|--|---|-----------|----------|---|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 01 C6W2 | 02 Unit 6 (25 45-min. class periods) | 03 | 04 | 05 | 06 | 07 |
| 08 C6W3 | 09 Unit 6 (25 45-min. class periods) | 10 | 11 | 12 | 13 • Extend • Review • Assess • Reteach | 14 |
| 15 C6W4 | 16 Unit 6 (25 45-min. class periods) | 17 | 18 | 19 | 20 | 21 |
| 22 C6W5 | 23 Unit 6 (25 45-min. class periods) | 24 | 25 | 26 | 27 | 28 |
| 29 C6W6 | 30 Memorial Day | 31 • Extend • Review • Assess • Reteach | 01 | 02 | 03 | 04 |
| 05 | 06 | Notes: May 30 - Memorial Day | | | | |



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Units of Instruction

Unit 6: Outdoor and Recreation Activities

Focuses on students participating in adventurous, experimental outdoor activities and survival skills experienced in a group or individual setting.

| 2022 | | June | | | | |
|------------|---|---|--|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 29 C6W6 | 30 | 31 | 01 • Extend • Review • Assess • Reteach | 02 | 03 | 04 |
| 05 C6W7 | 06 • Extend • Review • Assess • Reteach | 07 | 08 Teacher Prep Day (no students) END OF CYCLE 6 | 09 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 01 | 02 |
| 03 | 04 | Notes: Jun. 8 - Teacher Preparation Day (no students) | | | | |