

Physical Education Scope & Sequence – Term 1 – Grade 8

	Week	Standards	Outcomes	Vocabulary	Assessment
<i>Part 1: Individual Sports</i>	1	Accepts responsibility for improving one's own levels of physical activity and fitness. (S4.M1.8)	Students will be able to demonstrate etiquette, respect, and participation in the activity.	Spatial awareness	Throughout the term, students will be assessed on the various standards by the following evaluation methods: <ul style="list-style-type: none"> - Self-assessment - Teacher observation - Peer evaluation - Discussion - Data records
	2	Strikes with a mature overhand pattern in a modified net/wall game such as volleyball, handball, badminton or tennis. (S1.M13.8)	Students will be able to strike overhead while appropriately sweeping arm from high to low.	Overhead strike, clear, sweep	
	3	Transfers weight with correct timing using low to high striking pattern with a long-handled implement on the forehand and backhand sides. (S1.M15.8)	Students will be able to strike overhead while appropriately sweeping arm from high to low and shifting weight from back to front.	Shift weight	
	4	Demonstrates the mature form of fore- hand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball. (S1.M14.8)	Students will be able to demonstrate strikes using proper forearm and backhand techniques while shifting weight from front to back.	Forearm, backhand	
	5	Forehand- and backhand-volleys with a mature form and control using a short-handled implement during modified game play. (S1.M16.8)	Students will be able to demonstrate volleying using proper forearm and backhand techniques while shifting weight from front to back.	Volley	
	6	Executes consistently (at least 70 percent of the time) a legal underhand serve for distance and accuracy for net and wall games such as badminton, volleyball or pickleball. (S1.M12.8)	Students will be able to demonstrate an underhand badminton serve 7 out of 10 times successfully.	Underhand serve	
<i>Part 2: Basketball</i>	7	Dribbles with dominant and non-dominant hands using a change of speed and direction in small-sided game play. (S1.M8.8) Foot-dribbles with an implement with control, changing speed, and direction during small-sided game play. (S1.M9.8)	Students will be able to execute proper dribbling techniques: <ul style="list-style-type: none"> - Keep ball below the waist - Ball on finger pads - Eyes up - Feet shoulder width apart - Push ball in front when moving - Protecting the ball 	Cross over, speed dribble, shuffle	
	8	Throws a lead pass to a moving partner off a dribble or pass. (S1.M5.8)	Students will be able to execute proper passing techniques for the overhead, chest pass, and bounce pass: <ul style="list-style-type: none"> - Lead the pass when moving - Aim at partner 	Chest pass, overhead pass, bounce pass	

			<ul style="list-style-type: none"> - Flick wrists/fingertips out - Step into the pass 		
9	Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, screens. (S1.M6.8)	Students will be able to demonstrate strategies to get to an open space while on offense and drop step to steal the ball while playing man-to-man on defense.		Give and go, fake, jab step, screen, pivot	
10	Executes the following offensive skills during small-sided game play: pivot, give and go, and fakes. (S1.M7.8)	Students will be able to demonstrate offensive techniques to get open and potentially receive a pass		Man-to-man, keep moving	
11	Drop-steps in the direction of the pass during player-to-player defense. (S1.M11.8)	Students will be able to demonstrate cutting techniques to get open as well as anticipate a pass.		Cut, anticipate the pass, turnover, steal, pass down the court, sand bag pass	
12	Transitions from offense to defense or defense to offense by recovering quickly, communicating with teammates and capitalizing on an advantage. (S2.M6.8)	Students will be able to recognize when they need to switch on a turnover (between offense or defense).		<i>See above</i>	