

Options FRMS Physical Education 8A		Scope and Sequence
Unit	Lesson	Objectives
Flexibility, Nutrition, and Body Composition		
Healthy Body Composition		
		Define body composition and describe the importance of body fat
		Describe genetic, physiological, and lifestyle factors that influence body composition
		Identify health-related problems associated with abnormal percentages of body fat
Determining and Controlling Body Composition		
		Describe methods for determining body composition, including Body Mass Index
		Apply the exercise principles to controlling body composition
		Analyze additional strategies for achieving or maintaining a healthy body composition
Diets		
		Differentiate between multiple meanings of diet
		Identify additional harmful diets and weight-loss strategies and their effects on the body
		Describe common dietary restrictions and trends
Body Image and Eating Disorders		
		Discuss the relationship between body image and eating disorders, including the influence of the media on body image
		List the symptoms and health dangers of the most common eating disorders
		Develop a methodology for improving body image
Introduction to Sports and Skills for Athletic Success		
Team Sports		
		List common characteristics of team sports, including offense, defense, and officials
		Describe how participating in team sports benefits the dimensions of health

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Individual Sports		Identify team sports that achieve health-related fitness goals in both school and outside of school
		Explain why participating in individual sports is enjoyable and desirable
		Describe how participating in individual sports benefits the dimensions of health
Skills and Tactics		Identify individual sports that help to achieve health-related and skill-related fitness goals
		Identify skills important for participating in physical activities
		Describe strategies used to play team sports
Participating in Sports		Identify techniques for improving your performance when participating in sports
		Describe sportsmanship and why it is important when participating in sports
		Define competition and describe what it means to compete
Being a Good Sport		Summarize necessary responsible behaviors when participating in sports
		Identify and apply the rules of safe sports participation
		Summarize an official's role in team sports
Diversity in Sports		Describe sports etiquette and ethics
		Examine athletic limitations and differences in yourself and others
		Explore techniques for including peers of all ability levels in sports activities
Leadership		Explore sports and activities of other countries and cultures

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		Define leadership
		List the traits, characteristics, and mannerisms associated with effective leaders
		Recognize and identify leadership styles and situations that are appropriate for using them
	Conflict Management	
		Identify the causes of conflict
		Recognize factors that influence conflict resolution
		Demonstrate an understanding of conflict resolution strategies
	Communication	
		Describe the communication process and effective and ineffective communication
		Differentiate between passive, assertive, and aggressive communication styles
		Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships