

PE Grades 7&8 2015

Standards & Units

NJ Core Curriculum Content Standards > Comprehensive Health and Physical Education > Grades: 7-8(2014)	
{HPE.2.5.8.A) Movement Skills and Concepts	
{HPE.2.5.8.A.4} Detect, analyze, and correct errors and apply to refine movement skills.	Unit #2, Physical Education, Movement Education/Rhythm Grade 8 Unit #2, Physical Education, Movement Education/Rhythm, Gr. 7 Unit #4, Physical Education, Individual Activities Grade 8 Unit #4, Physical Education, Individual Activities, Gr. 7
{HPE.2.5.8.A.1} Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).	Unit #2, Physical Education, Movement Education/Rhythm Grade 8 Unit #2, Physical Education, Movement Education/Rhythm, Gr. 7
{HPE.2.5.8.A.2} Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.	Unit #2, Physical Education, Movement Education/Rhythm Grade 8 Unit #2, Physical Education, Movement Education/Rhythm, Gr. 7 Unit #4, Physical Education, Individual Activities Grade 8 Unit #4, Physical Education, Individual Activities, Gr. 7
{HPE.2.5.8.A.3} Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).	Unit #2, Physical Education, Movement Education/Rhythm Grade 8 Unit #2, Physical Education, Movement Education/Rhythm, Gr. 7
{HPE.2.5.8.B) Strategy	
{HPE.2.5.8.B.1} Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.	Unit #3, Physical Education, Cooperative Games Grade 8 Unit #3, Physical Education, Cooperative Games, Gr. 7 Unit #4, Physical Education, Individual Activities Grade 8 Unit #4, Physical Education, Individual Activities, Gr. 7 Unit #5, Physical Education, Team Activities Grade 8 Unit #5, Physical Education, Team Activities, Gr. 7
{HPE.2.5.8.B.2} Assess the effectiveness of specific mental strategies applied to improve performance.	Unit #3, Physical Education, Cooperative Games Grade 8 Unit #3, Physical Education, Cooperative Games, Gr. 7 Unit #4, Physical Education, Individual Activities Grade 8 Unit #4, Physical Education, Individual Activities, Gr. 7 Unit #5, Physical Education, Team Activities Grade 8 Unit #5, Physical Education, Team Activities, Gr. 7
{HPE.2.5.8.B.3} Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.	Unit #3, Physical Education, Cooperative Games Grade 8 Unit #3, Physical Education, Cooperative Games, Gr. 7 Unit #4, Physical Education, Individual Activities Grade 8 Unit #4, Physical Education, Individual Activities, Gr. 7 Unit #5, Physical Education, Team Activities Grade 8 Unit #5, Physical Education, Team Activities, Gr. 7
{HPE.2.5.8.C) Sportsmanship, Rules, and Safety	
{HPE.2.5.8.C.2} Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.	Unit #2, Physical Education, Movement Education/Rhythm Grade 8

	Unit #4, Physical Education, Individual Activities Grade 8
	Unit #4, Physical Education, Individual Activities, Gr. 7
	Unit #5, Physical Education, Team Activities Grade 8
	Unit #5, Physical Education, Team Activities, Gr. 7
{HPE.2.5.8.C.3} Analyze the impact of different world cultures on present-day games, sports, and dance.	
	Unit #2, Physical Education, Movement Education/Rhythm Grade 8
	Unit #2, Physical Education, Movement Education/Rhythm, Gr. 7
{HPE.2.5.8.C.1} Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.	
	Unit #4, Physical Education, Individual Activities Grade 8
	Unit #4, Physical Education, Individual Activities, Gr. 7
	Unit #5, Physical Education, Team Activities Grade 8
	Unit #5, Physical Education, Team Activities, Gr. 7
{HPE.2.6.8} All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.	
{HPE.2.6.8.A} Fitness and Physical Activity	
{HPE.2.6.8.A.4} Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.	
	Unit #1, Physical Education, Wellness Grade 8
	Unit #1, Physical Education, Wellness, Gr. 7
	Unit #5, Physical Education, Team Activities Grade 8
	Unit #5, Physical Education, Team Activities, Gr. 7
{HPE.2.6.8.A.6} Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.	
	Unit #1, Physical Education, Wellness Grade 8
	Unit #1, Physical Education, Wellness, Gr. 7
{HPE.2.6.8.A.3} Analyze how medical and technological advances impact personal fitness.	
	Unit #1, Physical Education, Wellness Grade 8
	Unit #1, Physical Education, Wellness, Gr. 7
{HPE.2.6.8.A.1} Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.	
	Unit #1, Physical Education, Wellness Grade 8
	Unit #1, Physical Education, Wellness, Gr. 7
{HPE.2.6.8.A.2} Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.	
	Unit #1, Physical Education, Wellness Grade 8
	Unit #1, Physical Education, Wellness, Gr. 7
{HPE.2.6.8.A.5} Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.	
	Unit #1, Physical Education, Wellness Grade 8
	Unit #1, Physical Education, Wellness, Gr. 7
NJ Core Curriculum Content Standards > Visual and Performing Arts > Grades: 6-8(2014)	
{VPA.1.1.8} All students will demonstrate an understanding of the elements and principles that govern the creation of works of art in dance, music, theatre, and visual art.	
{VPA.1.1.8.A} Dance	
{VPA.1.1.8.A.2} Analyze dance techniques and styles to discern the compositional use of the elements of dance and choreographic principles relating to dynamics, as well as to discern spatial relationships.	
	Unit #2, Physical Education, Movement Education/Rhythm Grade 8
{VPA.1.1.8.A.4} Integrate a variety of isolated and coordinated movements in dance compositions and performances, making use of all major muscle groups, proper body mechanics, body patterning, balance, and range of motion.	

