

## **Eighth Grade Course Syllabus 2020-2021**

### **Instructor**

Mr. Alfredo Tinoco

### **Course Description**

The eighth grade physical education course of instruction emphasizes the application of movement and motor skills in team games, square dancing, and gymnastics and tumbling. Students develop proficiency in a variety of advanced manipulative, movement, and rhythmic skills as well as self-responsibility and social interaction. Students begin to see the relationship between motor skills and how the learning of one skill can be transferred to help learn a similar skill. In addition, students identify the characteristics of a highly skilled performance and apply that knowledge to improve their own skill level. Students plan and implement a personal physical fitness program, and understand the importance of an active and healthy lifestyle while learning and applying appropriate social skills in a team setting.



### **Course Objectives**

Through the medium of exercise and movement, all students will participate in a sequential, differentiated program that fosters each student's personal health, fitness, and safety. The detailed course objectives, based on the *Physical Education Model Content Standards* and

*Physical Education Framework for California Public Schools*, can be found at:

[www.cde.ca.gov/be/st/ss/documents/pestandards.pdf](http://www.cde.ca.gov/be/st/ss/documents/pestandards.pdf) and  
[www.cde.ca.gov/ci/pe/cf/documents/peframework2009.pdf](http://www.cde.ca.gov/ci/pe/cf/documents/peframework2009.pdf).



Eight Grade students will:

- Demonstrate basic offensive and defensive skills and strategies, while applying locomotor, nonlocomotor, and manipulative skills in team physical activities.
- Create and perform square dance as well as gymnastics and tumbling routines.
- Identify, describe, diagram, and justify their knowledge of movement concepts, principles, and strategies in activities in order to improve learning and performance.
- Assess and evaluate their level of physical fitness in order to adjust and implement individual goals for improvement of personal health and performance.
- Develop a team game and a two-week personal physical fitness plan.
- Identify and model leadership roles and responsibilities in the context of team games and activities.

### **Physical Fitness Testing (FITNESSGRAM)**

Establishing lifelong habits of regular physical activity is the primary goal of the FITNESSGRAM.

Eighth grade students will prepare for the state-mandated FITNESSGRAM conducted in grade 9.

They will be pre-tested in the fall to establish baseline fitness levels and set personal goals. The FITNESSGRAM tests 6 main fitness areas that represent 5 components of fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. To meet the minimum high school requirement, students will need to score in the Healthy Fitness Zone for at least 5 of the 6 tests.



### **Grading Policy**

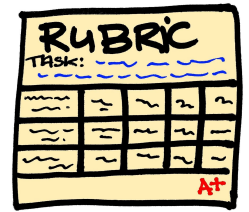
The academic grade (learning-focused) is based on the degree to which each student meets or exceeds the 5 overarching *California Model Content Standards* and related course objectives.



The citizenship grade (non-academic, behavior/effort-focused) is determined by following class rules, arriving to class meetings on time, wearing acceptable athletic clothing, exhibiting a willingness to learn, participating in class activities, and demonstrating courteous/respectful behavior.

### Assessment

Assessment strategies used to evaluate each student's level of mastery of the *California Model Content Standards* include, but are not limited to the following: cognitive tests, entrance/exit slips, essays, graphs, journals, logs, performance tasks, portfolios, projects, reports, skills tests, self-evaluations, structured observations, and video production and/or analysis.



### Course Materials

Physical education students will need to have active attire and shoes in order to participate in activities safely. Students will be utilizing Google Classroom and Google Meet to participate in classroom assignments.



### Medical Excuses

Parents/Guardians, please contact me with concerns regarding your child's health and physical limitations. A parent/guardian note/email will be required for injury/illness lasting up to three days. A Doctor's note is required for injury/illness lasting up to five days.

### Teacher Contact Info/Parent Resources

Alfredo Tinoco

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(858) 273-2030 ext. 4601

School website: [www.sandiegounified.org/schools/marston/overview-26](http://www.sandiegounified.org/schools/marston/overview-26)

*Physical Education Model Content Standards* and *Physical Education Framework for California Public Schools*, can be found at the SDUSD Physical Education website at [www.sandiegounified.org/physical-education](http://www.sandiegounified.org/physical-education)

