

Life Fitness 7th 8th Grade

Six Weeks	P.E. Health Units	Skills/Concepts Taught	Fitness
1st 6 weeks	Volleyball	Passing, Setting, Serving, Rules, Game Play	Timed Runs
	Badminton	Serving, Forehand, Backhand, Rules, Game Play	Weight Training
2nd 6 weeks	Frisbee Golf	Throwing, Rules, Game Playing	Resistance Bands
	Basketball	Shooting, Passing, Dribbling, Defense, Rules, Game Play	Agility Drills
3rd 6 weeks	Floor Hockey	Dribbling, Sweep Shot, Goalie Defense, Rules, Game Play	Mat Drills
	Bowling	Footwork, Scoring, Rules, Game Play	
	Jump Rope	Tricks, Routines, Kinesthetic Awareness	Circuit Training
4th 6 weeks	Line Dancing	Steps, Beat Count, Routines	Medicine Balls
	Weight Training	Safety, Technique, Reps/Sets	Stability Balls
5th 6 weeks	Soccer	Dribbling, Defense, Throw-ins, Kicking, Rules, Game Play	Plyometric Training
	Horseshoes/Washers	Pitching, Rules, Game Play	Static & Dynamic Stations
	Track	Running, Jumping, Throwing, Pace	
6th 6 weeks	Ultimate Frisbee	Forehand Throw: "Thumber", "Peace Sign", Backhand Throw, Catching, Scoring, Rules, Game Play	Jump Rope
	Tennis	Forehand, Backhand, Serve, Scoring, Rules, Game Play	Fitness Stations
	Softball/Kickball	Throwing, Catching, Pitching, Rules, Game Play	

* Fitness activity and intensity may vary according to student abilities.

* Unit sequences may vary according to gym space, weather, and equipment availability