



Grade LEVEL 8 - (Physical Education) Topic Outline SY 2021 - 2022

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I. Fitness 1

- A. Physiological Effects of Physical Activities
- B. Health-Related Fitness Tests
 - 1. Cardiovascular Endurance
 - 2. Muscular Endurance and Strength
 - 3. Flexibility
- C. Skill-Related Fitness Tests
 - 1. Agility
 - 2. Coordination
 - 3. Balance
- D. Fitness Test
 - Spell Your Name Workout

II. Fitness 2

- A. Walking
- B. Fitness Workouts
- C. Workout Program - Plank Challenge
- D. Leg and Thigh Challenge

III. Dance

- A. Stretching Exercises
 - Aerobics / Fitness Dance

IV. Dual Sports

- A. Badminton Doubles

V. Team Sports: Futsal

- A. Ball Handling Skills

VI. Indoor Recreation

- A. Educational Board Games
- B. Fun Relay Games with the Family

