 **Hanover Heights Community School**

**2012-2013 Long Range Plan**

**Teacher: Matthew Patterson Grade: 8P Subject: Grade 8 Physical Education**

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| **Day** | **Unit** | **Category** | **Topic** |
| 1 |  |  | Introduction |
| 2 | One | Fitness Education | Stretching |
| 3 | Two | Physical Education | Soccer: *Throw-Ins* |
| 4 |  |  | Soccer: *Passing* |
| 5 |  |  | Soccer: *Penalty Shots* |
| 6 | Three | Health Education | Healthy Eating: *Undereating* |
| 7 | One | Fitness Education | Beep Test |
| 8 | Two | Physical Education | Soccer: *Corner Kicks* |
| 9 |  |  | Soccer: *Throw-Ins* |
| 10 |  |  | Soccer: *Passing* |
| 11 | Three | Health Education | Healthy Eating: *Overeating* |
| 12 | One | Fitness Education | Jogging |
| 13 | Two | Physical Education | Soccer: *Penalty Shots* |
| 14 |  |  | Soccer: *Corner Kicks* |
| 15 |  |  | Soccer: *Throw-Ins* |
| 16 | Three | Health Education | Healthy Eating: *Healthy Body Weight* |
| 17 | One | Fitness Education | Jogging |
| 18 | Two | Physical Education | Soccer: *Passing* |
| 19 |  |  | Soccer: *Penalty Shots* |
| 20 |  |  | Soccer: *Corner Kicks* |
| 21 | Three | Health Education | Healthy Eating: *Physical Activity* |
| 22 | One | Fitness Education | Jogging |
| 23 | Two | Physical Education | Football: *Throwing/Blocking* |
| 24 |  |  | Football: *Punting* |
| 25 |  |  | Football: *Field Goals* |
| 26 | Three | Health Education | Healthy Eating: *Nutritional Needs* |
| 27 | One | Fitness Education | Beep Test |
| 28 | Two | Physical Education | Football: *Throwing/Blocking* |
| 29 |  |  | Football: *Punting* |
| 30 |  |  | Football: *Field Goals* |
| 31 | Three | Health Education | Healthy Eating: *Food Plans* |
| 32 | One | Fitness Education | Skipping |
| 33 | Two | Physical Education | Football: *Throwing/Blocking* |
| 34 |  |  | Football: *Punting* |
| 35 |  |  | Football: *Field Goals* |
| 36 | Three | Health Education | Healthy Choices: *Hitchhiking* |
| 37 | One | Fitness Education | Skipping |
| 38 | Two | Physical Education | Volleyball: *Serves* |
| 39 |  |  | Volleyball: *Bumps/Sets* |
| 40 |  |  | Volleyball: *Spikes/Blocking* |
| 41 | Three | Health Education | **Film:***Scared Straight* |
| 42 | One | Fitness Education | Skipping |
| 43 | Two | Physical Education | Volleyball: *Combinations* |
| 44 |  |  | Volleyball: *Serves* |
| 45 |  |  | Volleyball: *Bumps/Sets* |
| 46 | Three | Health Education | Healthy Choices: *Gang Violence* |
| 47 | One | Fitness Education | Beep Test |
| 48 | Two | Physical Education | Volleyball: *Spikes/Blocking* |
| 49 |  |  | Volleyball: *Combinations* |
| 50 |  |  | Volleyball: *Serves* |
| 51 | Three | Health Education | **Film:** *Scared Straight* |
| 52 | One | Fitness Education | Gymnastics |
| 53 | Two | Physical Education | Volleyball: *Bumps/Sets* |
| 54 |  |  | Volleyball: *Spikes/Blocking* |
| 55 |  |  | Volleyball: *Combinations* |
| 56 | Three | Health Education | Healthy Choices: *School Support Services* |
| 57 | One | Fitness Education | Gymnastics |
| 58 | Two | Physical Education | Basketball: *Lay-Ups* |
| 59 |  |  | Basketball: *Passing* |
| 60 |  |  | Basketball: *Zoning* |
| 61 | Three | Health Education | **Film:** *Scared Straight* |
| 62 | One | Fitness Education | Gymnastics |
| 63 | Two | Physical Education | Basketball: *Free Throws* |
| 64 |  |  | Basketball: *3 Point Throws* |
| 65 |  |  | Basketball: *Game Bump* |
| 66 | Three | Health Education | Healthy Choices: *Community Support Services* |
| 67 | One | Fitness Education | Gymnastics |
| 68 | Two | Physical Education | Basketball: *Free Throws* |
| 69 |  |  | Basketball: *3 Point Throws* |
| 70 |  |  | Basketball: *Game Bump* |
| 71 | Three | Health Education | **Film:** *The Blind Side* |
| 72 | One | Fitness Education | Beep Test |
| 73 | Two | Physical Education | Floor Hockey: *Passing* |
| 74 |  |  | Floor Hockey: *Shooting* |
| 75 |  |  | Floor Hockey: *Face-Offs* |
| 76 | Three | Health Education | Healthy Choices: *Abstinence* |
| 77 | One | Fitness Education | Skipping |
| 78 | Two | Physical Education | Floor Hockey: *Penalty Shots* |
| 79 |  |  | Floor Hockey: *Passing* |
| 80 |  |  | Floor Hockey: *Shooting* |
| 81 | Three | Health Education | Healthy Choices: *STDs* |
| 82 | One | Fitness Education | Skipping |
| 83 | Two | Physical Education | Floor Hockey: *Face-Offs* |
| 84 |  |  | Floor Hockey: *Penalty Shots* |
| 85 |  |  | Floor Hockey: *Passing* |
| 86 | Three | Health Education | **Film:** *Teen Mom* |
| 87 | One | Fitness Education | Skipping |
| 88 | Two | Physical Education | Floor Hockey: *Shooting* |
| 89 |  |  | Floor Hockey: *Face-Offs* |
| 90 |  |  | Floor Hockey: *Penalty Shots* |
| 91 | Three | Health Education | Healthy Choices: *Preventing Pregnancy* |
| 92 | One | Fitness Education | Beep Test |
| 93 | Two | Physical Education | Curling: *Introduction* |
| 94 |  |  | Curling: *Throwing* |
| 95 |  |  | Curling: *Sweeping* |
| 96 | Three | Health Education | **Film:** *Teen Mom* |
| 97 | One | Fitness Education | Capture the Flag |
| 98 | Two | Physical Education | Badminton: *Serves* |
| 99 |  |  | Badminton: *Forward Hit* |
| 100 |  |  | Badminton: *Backhand Hit* |
| 101 | Three | Health Education | Healthy Choices: *Decision Making and Refusal Skills* |
| 102 | One | Fitness Education | Capture the Flag |
| 103 | Two | Physical Education | Badminton: *Smash* |
| 104 |  |  | Badminton: *Serves* |
| 105 |  |  | Badminton: *Forward Hit* |
| 106 | Three | Health Education | **Film:** *Teen Mom* |
| 107 | One | Fitness Education | Capture the Flag |
| 108 | Two | Physical Education | Badminton: *Backhand Hit* |
| 109 |  |  | Badminton: *Smash* |
| 110 |  |  | Badminton: *Serves* |
| 111 | Three | Health Education | Healthy Choices: *Sources of Support* |
| 112 | One | Fitness Education | Beep Test |
| 113 | Two | Physical Education | Badminton: *Forward Hit* |
| 114 |  |  | Badminton: *Backhand Hit* |
| 115 |  |  | Badminton: *Smash* |
| 116 | Three | Health Education | **Film:** *Cyberbully* |
| 117 | One | Fitness Education | Jogging |
| 118 | Two | Physical Education | Track and Field: *Running Event* |
| 119 |  |  | Track and Field: *Pit Events* |
| 120 |  |  | Track and Field: *Throwing Events* |
| 121 | Three | Health Education | Substance Abuse: *Negative Consequences* |
| 122 | One | Fitness Education | Jogging |
| 123 | Two | Physical Education | Track and Field: *Running Event* |
| 124 |  |  | Track and Field: *Pit Events* |
| 125 |  |  | Track and Field: *Throwing Events* |
| 126 | Three | Health Education | Substance Abuse: *Effects of Substance Abuse* |
| 127 | One | Fitness Education | Jogging |
| 128 | Two | Physical Education | Track and Field: *Running Event* |
| 129 |  |  | Track and Field: *Pit Events* |
| 130 |  |  | Track and Field: *Throwing Events* |
| 131 | Three | Health Education | **Film:** *Intervention* |
| 132 | One | Fitness Education | Beep Test |
| 133 | Two | Physical Education | Track and Field: *Running Event* |
| 134 |  |  | Track and Field: *Pit Events* |
| 135 |  |  | Track and Field: *Throwing Events* |
| 136 | Three | Health Education | Substance Abuse: *School Resources* |
| 137 | One | Fitness Education | Kick the Can |
| 138 | Two | Physical Education | Tennis: *Serves* |
| 139 |  |  | Tennis: *Returns* |
| 140 |  |  | Tennis: *Smash* |
| 141 | Three | Health Education | Substance Abuse: *Community Abuse* |
| 142 | One | Fitness Education | Kick the Can |
| 143 | Two | Physical Education | Ultimate Frisbee: *Throwing* |
| 144 |  |  | Ultimate Frisbee: *Receiving* |
| 145 |  |  | Ultimate Frisbee: *Game* |
| 146 | Three | Health Education | **Film:** *Intervention* |
| 147 | One | Fitness Education | Kick the Can |
| 148 | Two | Physical Education | Ultimate Frisbee: *Throwing* |
| 149 |  |  | Ultimate Frisbee: *Receiving* |
| 150 |  |  | Ultimate Frisbee: *Game* |
| 151 | Three | Health Education | Substance Abuse: *Symptoms of Stress* |
| 152 | One | Fitness Education | Beep Test |
| 153 | Two | Physical Education | Ultimate Frisbee: *Throwing* |
| 154 |  |  | Ultimate Frisbee: *Receiving* |
| 155 |  |  | Ultimate Frisbee: *Game* |
| 156 | Three | Health Education | Substance Abuse: *Ways to Relieve Stress* |
| 157 | One | Fitness Education | Jogging |
| 158 | Two | Physical Education | Soccer Baseball: *Kicking* |
| 159 |  |  | Soccer Baseball: *Catching* |
| 160 |  |  | Soccer Baseball: *Game* |
| 161 | Three | Health Education | **Film:** *Intervention* |
| 162 | One | Fitness Education | Jogging |
| 163 | Two | Physical Education | Soccer Baseball: *Kicking* |
| 164 |  |  | Soccer Baseball: *Catching* |
| 165 |  |  | Soccer Baseball: *Game* |
| 166 | Three | Health Education | Substance Abuse: *Age Specific Situations to Health* |
| 167 | One | Fitness Education | Jogging |
| 168 | Two | Physical Education | Soccer Baseball: *Kicking* |
| 169 |  |  | Soccer Baseball: *Catching* |
| 170 |  |  | Soccer Baseball: *Game* |
| 171 | Three | Health Education | Substance Abuse: *Decision Making Process* |
| 172 | One | Fitness Education | Beep Test |
| 173 | Two | Physical Education | Swimming: *Swim Test* |
| 174 |  |  | Swimming: *Survival Test* |
| 175 |  |  | Swimming: *Fun Swim* |
| 176 | Three | Health Education | **Film:** *Intervention* |