

**Physical Education Curriculum  
Instructional Resources  
8<sup>th</sup> Grade  
Instructional Resources**

- Websites
- Videos
- Newspaper/magazine
- Current literature
- Additional support personnel
- Study guides
- Photocopies of resource materials created by teacher
- Tests and quizzes
- Maps
- Personal exercises
- Guest fitness instructors
- Audiovisual materials
- Demonstrations