

# South Kitsap Physical Education Middle School Scope and Sequence

Revised 92017

## Priority Standards

1. I can demonstrate competency in a variety of motor skills and movement patterns (motor skill development)
2. I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance (motor skill development)
3. I can demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness (academic content and fitness activities)
4. I can exhibit responsible personal and social behavior that respects self and others (social/emotional development)
5. I can recognize the value of physical activity for health, enjoyment, challenge, self-expression and social interaction (social/emotional development)

## Academic Content (S3)

### Big Idea: Five Components of Fitness

#### Cardio-respiratory Endurance

**Key Vocabulary:**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• endurance</li> <li>• heart</li> <li>• oxygen</li> <li>• daily activity</li> <li>• base</li> <li>• healthy heart/target zone</li> <li>• max</li> <li>• heart disease</li> </ul> | <ul style="list-style-type: none"> <li>• recovery</li> <li>• heart rate-resting, working, target zone</li> <li>• blood</li> <li>• intensity</li> <li>• heart disease</li> <li>• energy</li> <li>• lungs</li> <li>• pacing</li> </ul> |
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**Lessons to support:**

- *Heart Health Run* 📖 1.8
- *Quality Lesson "Heart Rate Monitors"*

#### Muscular Strength and Muscular Endurance

**Key Vocabulary:**

- muscles
- strength
- endurance

**Lessons to support:**

- *Muscular Strength and Endurance Activity* 📖 1.13
- *Muscle Check-up* 📖 1.16

#### Flexibility

**Key Vocabulary:**

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• cool down</li> <li>• flex</li> <li>• warm-up</li> <li>• range of motion</li> <li>• dynamic Stretching</li> <li>• static Stretching</li> </ul> | <ul style="list-style-type: none"> <li>• extend</li> <li>• ligament</li> <li>joint</li> </ul> | <ul style="list-style-type: none"> <li>• flexibility</li> <li>• tendon</li> </ul> |
|--|---|---|

**Lessons to support:**

- *Flexibility Activity* 📖 1.20
- *Flexibility Dynamic/Static Stretching Routines* 📖 1.24

### Body Composition

**Key Vocabulary:**

- balance
- fat-free mass
- body composition
- fat mass
- energy

**Lessons to support:**

- *Energy In/Energy Out* 📖 1.28
- *Muscle Snatchers* 📖 1.30
- *Five for Life Circuit* 📖 1.33

**Assessment:** Formative: Exit questions you create— Summative: Five Components of Fitness Assessment 📖 1.35-1.36

### **Big Idea: FITT Principle (Frequency, Intensity, Time and Type)**

**Key Vocabulary:**

- cardio-respiratory endurance
- muscular endurance
- muscular strength
- flexibility
- body composition
- body mass index (BMI)
- frequency
- intensity
- time
- type resting hear rate
- target zone (65-85% of maximum heart rate)
- maximum heart rate (220-age)
- diminishing returns
- progression
- reversibility
- overload
- rest-recovery

**Lessons to support:**

- *FITT Principle Related to Cardio-respiratory Endurance* 📖 1.47
- *FITT Principle Related to Muscular Strength and Muscular Endurance* 📖 1.61-1.63
- *Creating Stretching Routines using FITT* 📖 1.77
- *Flexibility Activity FITT Plan* 📖 1.79
- *Battle of the Bulge* 📖 1.90-1.91
- *Energy In/Energy Out for FITT* 📖 1.92-1.93
- *Healthy Body Balance Card Game and FITT* 📖 1.94-1.95

**Assessment: Formative:** Exit questions— *Cardio Respiratory Endurance and the FITT Principle Student Assessment* 📖 1.52-1.53; *Muscular Strength, Muscular Endurance Student Assessment* 📖 1.68-1.69; *Flexibility: Student Assessment* 📖 1.81-1.82; *Body Composition: Student Assessment* 📖 1.96-1.97; **Unit:** Develop Quality Assessment “FITT” and Intensity

### **Trimester Three Big Idea: Bones and Muscles**

#### Bones

**Key Vocabulary:**

- Clavicle
- Febur
- Fibula
- Cranium
- Humerus
- Pelvis
- Scapula
- Sternum
- Vertebrae
- Ribs
- Tibia
- Ulna
- Patella
- Radius
- Flexion
- Joint
- Extension
- Ligaments
- Osteoporosis

**Lessons to support:**

- Grade 7: identification of bones*
- *Skeleton Basketball* 📖 3.8
  - *Bones for Life Circuit* 📖 3.10
  - *Bone Names Handout* 📖 3.22
- Grade 8: Bone Density*
- *Bone Density Tag* 📖 3.12

**Assessment:** Formative: Exit questions you create; Summative 📖 3.17-3.18; 📖 3.21

<u>Muscles</u>		
<p>Key Vocabulary:</p> <ul style="list-style-type: none"> <li>• Abdominals</li> <li>• Biceps</li> <li>• Gluteals</li> <li>• Deltoids</li> <li>• Hamstrings</li> <li>• Muscles</li> <li>• Pectorals</li> <li>• Triceps</li> </ul>	<ul style="list-style-type: none"> <li>• Quadriceps</li> <li>• Trapezius</li> <li>• Gastrocnemius</li> <li>• Obliques</li> <li>• Shortens</li> <li>• Flex</li> <li>• Latissimus Dorsi</li> <li>• Contraction</li> <li>• Tendons</li> </ul>	<p>Lessons to support:</p> <ul style="list-style-type: none"> <li>• <i>Muscles for Life Circuit</i> 📖 3.31-3.33</li> <li>• <i>Push and Resist</i> 📖 3.40-3.41</li> <li>• <i>Muscle Names Handout</i> 📖 3.47</li> </ul>

**Assessment:** Formative: Utilize exit questions; Summative: 📖3.21-3.22 and 3.25

**Fitness Measurements (S3)**

1. Pacer Test
2. Backsaver Sit and Reach (L and R)
3. Cadence Curl-ups
4. Height and Weight
5. Cadence Push-ups

**Assessment:** **Formative:** Pre-Test- administer by end of September/February  
**Goal Setting:** Quality Lesson “Activity Centers” and 4.147  
**Summative:** Post-Test- administer by end of January/May

**Motor Skills and Movement Patterns**

(S1 and S2)

<b>Movement Skills</b>	<b>Lesson Structure</b>	<b>Skill Related Activities:</b>
<ul style="list-style-type: none"> <li>• Throw, including at a target</li> <li>• Catch</li> <li>• Dribble</li> <li>• Strike</li> <li>• Offensive skill and tactic</li> <li>• Defensive skill and tactic</li> <li>• Jump/hop</li> <li>• Rhythmic movement</li> <li>• Balance</li> <li>• Running form</li> <li>• Pull/push including lifting</li> </ul>	<ul style="list-style-type: none"> <li>• Warm-up: Dynamic stretching</li> <li>• Activity</li> <li>• Cool-Down: Static Stretching, re-view academic component of lesson, walk to locker room</li> </ul> <p>*Goal to include Cardio-respiratory activity everyday</p>	<ul style="list-style-type: none"> <li>• Football</li> <li>• Soccer</li> <li>• Volleyball</li> <li>• Yoga</li> <li>• Softball</li> <li>• Weight Room</li> <li>• Basketball</li> <li>• Aerobics/Dance</li> <li>• Circuits</li> <li>• Ultimate Frisbee</li> <li>• Pickleball/Badminton</li> <li>• Jump Rope</li> </ul>

**Social/Emotional**

(S4 and S5)

<ul style="list-style-type: none"> <li>• Personal Responsibility</li> <li>• Rules and Etiquette</li> <li>• Feedback</li> </ul>	<ul style="list-style-type: none"> <li>• Team work</li> <li>• Safety</li> <li>• Challenge</li> </ul>	<ul style="list-style-type: none"> <li>• Self-expression</li> <li>• Enjoyment</li> <li>• Social Interaction</li> </ul>
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