

MIDDLE SCHOOL PHYSICAL EDUCATION

Physical Education is an integral and vital part of the general education program that significantly contributes to the total growth and development of each student, primarily through movement experiences. It is unique because it provides a balance of activities that reflect and challenge the diverse needs of students in the psychomotor, cognitive and affective domains.

The physical education program at the middle school level is designed to provide students with a wide variety of activities including lifetime/leisure, individual and team sports, physical fitness and Project Adventure. The main focus is to develop fitness and to encourage physical activity not only during physical education class, but as an integral part of a healthy lifestyle. The program aims to educate students to be healthy and active throughout their lives.

At the middle school level, through an exposure approach, students are provided the opportunity to enhance their physical, emotional, intellectual and social growth. The sequential nature of the K-12 curriculum allows the middle school to foster a unique transition between elementary and high school physical education.

<p><u>Course Goals</u> Students will have the ability or be able to:</p> <ul style="list-style-type: none"> • Demonstrate the skills and knowledge necessary to participate in a variety of physical activities. • Make decisions to establish and maintain a healthy lifestyle to promote individual wellness throughout his or her entire life. • Recognize and understand the different effects of physical activity on one’s mind and body. • Develop interpersonal skills and exhibit positive character traits during physical activity. 	<p><u>Standards</u></p> <ul style="list-style-type: none"> • The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. • The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. • The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. • The physically literate individual exhibits responsible personal and social behavior that respects self and others. • The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. 	<p><u>Course Skill Objectives</u></p> <p>Individual sports & activities Students will: demonstrate proper form and technique to increase accuracy and consistency</p> <p>Net Sports Students will: Be able to contact an object with sufficient accuracy and power and good position and strategy</p> <p>Team Sports/Activities Students will: using strategies and tactics that incorporate offense and defense including spatial movement, passing, and catching</p> <p>Physical Fitness/Related Activities Students will: understand concepts and demonstrate skills to develop and improve individual fitness</p> <p>Group Activities Students will: demonstrate a variety of motor skills, concepts, principles, strategies and tactics</p> <p>Project Adventure/Cooperative Games Students will: demonstrate basic understanding of rules, safety and terminology for appropriate successful participation</p>
<p><u>Course Topics</u></p> <ol style="list-style-type: none"> 1. Individual Sports and Activities 2. Project Adventure/Cooperative Games 3. Net Sports 4. Team Sports and Activities 5. Fitness 6. Group Activities 		<p><u>Assessments:</u> Students will complete a summative assessment for each content topic:</p> <ol style="list-style-type: none"> 1. Individual Sports and Activities 2. Project Adventure/Cooperative Games 3. Net Sports 4. Team Sports and Activities 5. Fitness 6. Group Activities

Individual Sports and Activities Grades 6-8

Archery: This is an introductory archery course. Emphasis is given to the safety skills necessary for target shooting, knowledge of archery terminology, and to acquaint students with a lifetime activity. An opportunity to experience an archery competition will be the culmination of this unit.

Standards

- Motor Skill Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of appropriate safety rules
- demonstrate an understanding of scoring
- demonstrate an understanding of the skills in shooting an arrow

<p><u>Skill Objectives</u> Students will:</p> <ul style="list-style-type: none"> • demonstrate competency in the following archery skills: <p>Proper stance Gripping the bow Knocking the arrow Drawing an arrow to an anchor point Aiming at intended target Releasing arrow Follow through</p> <ul style="list-style-type: none"> • demonstrate an ability to keep an individual and team score • demonstrate safety practice as related to shooting and retrieving arrows. • apply safety skills and concepts 	<p><u>Assessment</u></p> <ul style="list-style-type: none"> • skills assessment • scoring rubric
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Frisbee Golf - This is an introductory unit which includes instruction in rules, basic terms, etiquette and Frisbee golf skill basics such as grip, stance, throwing technique, and follow through.

- Standards**
- Motor Skill Standard Performance
 - Applying Concepts and Strategies
 - Responsible Behavior
 - Benefits of Physical Activity

- Enduring Understanding**
- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
 - Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
 - Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
 - Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

- Essential Question**
- What different ways can the body move given a specific purpose?
 - How can I move effectively and efficiently?
 - How do I interact with others during physical activity?
 - How will physical activity help me now and in the future?

- Unit Objectives**
Students will be able to:
- demonstrate a basic understanding of the rules, safety, terminology and etiquette for appropriate participation in Frisbee golf
 - demonstrate competency in basic Frisbee golf skills

Skill Objectives

Students will:

- demonstrate an understanding of the following basic skills:
- grip
- stance
- throwing

Assessment

- skill assessment

Project Adventure/Cooperative Games Grades 6-8

This unit will provide students with an opportunity to participate in Project Adventure games, initiatives and climbing activities. Students will participate under the guidelines of the Project Adventure “Full Value Concepts”.

Cooperative Games This unit will allow students to participate in a variety of cooperative games. Students will use physical activity as a positive opportunity for social and group interaction. Students will demonstrate critical thinking, communication skills and good sportsmanship while participating in cooperative games.

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

- Students will be able to:
- demonstrate an understanding of cooperative concepts to successfully participate in a cooperative group activity

Skill Objectives

Students will:

- demonstrate competency in the following cooperative skills:
 - Communication
 - Sportsmanship
 - Respect
 - Strategizing

Assessment

Teacher observation

Climbing Elements Low and High: This is an introductory unit focusing on individual and group physical challenges, concepts and strategies involving both low and high climbing elements. Students will use team work skills and individual commitment as a positive opportunity for social and group interaction.

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

- Students will be able to:
- demonstrate a basic understanding of rules, safety, and terminology for appropriate successful participation in the project adventure climbing curriculum

Skill Objectives

- participate in climbing activities by demonstrating increased competency in the following Project Adventure concepts/skills:
 - Trust
 - Communication
 - Respect
 - Leadership
 - Planning
 - Critical thinking
 - Persistence
 - Physical support techniques
 - Securing a universal harness
 - Use of carabiners
 - Australian belay
 - Climbing commands
 - Safety

Assessment

- Cognitive assessment
- skills assessment (harness)

Net Sports Grades 6-8

Badminton This is an introductory badminton course. Emphasis is given to the skills necessary to participate in a badminton activity.

Standards

- **Motor Skill Standard Performance**
- **Applying Concepts and Strategies**
- **Responsible Behavior**
- **Benefits of Physical Activity**

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How will physical activity help me now and in the future?
- How do I interact with others during physical activity?

Unit Objectives

Students will be able to:

- demonstrate and understanding of the basic rules and scoring in badminton
- demonstrate increased competency in badminton skills to participate in a game/activity

Skill Objectives

Students will:

- demonstrate competency in the following pickleball skills
 - -Serving
 - -Forehand and Backhand
- demonstrate an understanding of game play rules and scoring
- apply safety skills and concepts

Assessment

- skill assessment
- cognitive assessment

Pickleball This is an introductory pickleball course. Emphasis is given to the skills necessary to participate in a pickleball game.

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activities?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of rules and scoring in pickleball
- demonstrate competency in pickleball skills to participate in a pickleball match

Skill Objectives

Students will:

- demonstrate competency in the following pickleball skills
 - -Serving
 - -Forehand and Backhand
 - -Volley
- demonstrate an understanding of game play rules and scoring
- apply safety skills and concepts

Assessment

- Skill Assessment

Tennis

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How will physical activity help me now and in the future?
- How do I interact with others during physical activity?

Unit Objectives

Students will be able to:

- Demonstrate an understanding of the rules and scoring of tennis.
- demonstrate competency in tennis skills to participate in a tennis activity/game

Skill Objectives

Students will:

- demonstrate competency in the following pickleball skills
 - -Serving
 - -Forehand and Backhand
- demonstrate an understanding of game play rules and scoring
- apply safety skills and concepts

Assessment

- Skill Assessment

Volleyball

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of rules and scoring of a volleyball game
- demonstrate an understanding of strategies, movement, and spacing during game play.
- demonstrate proper technique of volleyball skills.

Skill Objectives

Students will:

- demonstrate increased competency in the following volleyball skills:
 - serving(underhand and/or overhand)
 - underhand pass (bump)
 - overhead pass (set)
- apply safety skills
- demonstrate an understanding of:
 - rotation
 - rules and scoring

Assessment

- skills assessment

Team Sports and Activities Grades 6-8

Basketball

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- Behaving well is as important as playing well.
- How will physical activity help me now and in the future?

Unit Objectives**Students will be able to:**

- demonstrate an understanding of the basic rules necessary to play a basketball game
- demonstrate competency in basketball skills
- actively participate in a basketball activity/game

Skill Objectives**Students will:**

- demonstrate increased competency in the following basketball skills:
 - shooting
 - passing
 - dribbling
- develop an understanding of:
 - spacing/movement
 - offensive/defensive concepts
- understand rules and game concepts.
- apply safety skills.

Assessment:

- Skill Assessment

Team Sports and Activities Grades 6-8
Flag Football Activities

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

- Students will be able to :
- demonstrate an understanding of the rules to be able to play a flag football activity/game
- demonstrate competency in flag football skills to participate successfully in the football activity/game

Skill Objectives

Students will:

- demonstrate competency in the following skills:
 - throwing
 - catching
 - pass patterns
- develop an understanding of:
 - passing patterns
 - basic defense
 - kicking and punting
 - safety skills and concepts

Assessment

- Skills Assessment

Team Sports and Activities Grades 6-8

Floor Hockey

Standards

- Motor Skill Standard Performance
- Responsible Behavior
- Applying Concepts and Strategies
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of the rules and safety concepts necessary to play a floor hockey activity/game
- demonstrate an understanding of team play on offense and defense to participate successfully in a floor hockey activity/game
- demonstrate competency in floor hockey skills

Skill Objectives

Students will:

- demonstrate competency in the following floor hockey skills:
 - passing
 - receiving
 - face-offs
 - goaltending
 - stick handling
 - shooting
- apply safety skills and concepts

Assessment

- skill assessment

Team Sports and Activities Grades 6-8
Soccer

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of the basic rules necessary to participate in a soccer activity/game
- demonstrate competency in soccer skills
- actively participate in a soccer activity/game

Skill Objectives

Students will:

- demonstrate competency in the following soccer skills
 - dribbling
 - passing
 - trapping
 - shooting
- demonstrate an understanding of
 - positions
 - spacing/movement
 - offensive/defensive concepts
 - rules
- apply safety skills and concepts

Assessment

- Skill Assessment

Team Sports and Activities Grades 6-8

Team Handball

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate an understanding of the basic rules necessary to participate in a game of team handball
- demonstrate competency in team handball skills
- actively participate successfully in a team handball game

Skill Objectives

Students will:

- demonstrate competency in the following team handball skills:
 - throwing
 - catching
 - dribbling
 - passing
 - shooting
- develop an understanding of:
 - spacing/movement
 - offensive and defensive concepts
 - rules
- apply safety skills.

Assessment

- skill assessment

Team Sports and Activities Grades 6-8

Ultimate Games

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate and understanding of the basic rules necessary to participate in an ultimate game/activity
- demonstrate competency in throwing/catching skills
- actively participate successfully in an ultimate game/activity

Skill Objectives

Students will:

- demonstrate competency in throwing/catching skills
- demonstrate an understanding of:
 - spacing/movement
 - offensive and defensive concepts
 - rules
- apply safety skills and concepts

Assessment

- Skill Assessment

Physical Fitness and Related Activities Grades 6-8

Physical Fitness:

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Physical Activity and Fitness
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Positive decision making about fitness contributes to a healthy lifestyle.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- Repetition of proper technique leads to improvement.
- How can I move effectively and efficiently?
- What can I do to be physically active, and why is this important?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- participate in cardiorespiratory endurance activities necessary to improve cardiorespiratory endurance.
- acquire an understanding of a variety of aerobic activities and concepts.
- develop an understanding and appreciation of the benefits of cardiorespiratory exercise and the risks of a sedentary lifestyle.
- participate in flexibility activities necessary to improve flexibility.
- acquire an understanding of the principles and concepts of flexibility.
- develop an understanding and appreciation of the benefits of muscular strength and endurance.
- develop an understanding of the relationship between exercise and muscle group.
- participate in muscular strength endurance activities necessary to improve muscular strength and endurance.
- acquire an understanding of the principles and concepts of weight training.

Skill Objectives

Students will:

- participate in a variety of cardiovascular activities such as Pilates and step aerobics.
- calculate resting, target and recovery heart rate.
- use cardio respiratory equipment such as the recumbent bike, elliptical trainer, Stairmasters, airdyne bikes and rowers and jump ropes.
- use the weight training equipment such as cybex equipment, Hoist machines, free weights, medicine ball, thera bands, physio balls and balance boards.

Assessment

- skill assessment
- cognitive assessment

- apply safety skills and concepts.

Group Activities Grades 6-8

Development of communication, cooperation, and teamwork skills

Group Activities - This is an introductory unit focusing on group activities, concepts and strategies. Students will use physical activity as a positive opportunity for social and group interaction. Students will engage in moderate to vigorous physical activities.

Standards

- Motor Skill Standard Performance
- Applying Concepts and Strategies
- Responsible Behavior
- Benefits of Physical Activity

Enduring Understanding

- Physical and Cognitive skills are necessary to successfully participate in a variety of physical activity/sports.
- Efficient movement improves performance. Physical movement can be creative, enjoyable and individually rewarding.
- Rules and etiquette in physical activities/sports can make the experience both enjoyable and successful.
- Physical activity/sports can provide opportunities for personal enjoyment, challenge, self-expression and social interactions.

Essential Question

- What different ways can the body move given a specific purpose?
- How can I move effectively and efficiently?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?

Unit Objectives

Students will be able to:

- demonstrate and understanding of the basic rules necessary to participate in a game/activity
- demonstrate competency in problem solving skills
- actively participate successfully in an game/activity

Skill Objectives

Students will:

- demonstrate competency in the basic rules/skills of the game
- demonstrate an understanding of:
 - spacing/movement
 - offensive and defensive concepts
 - rules
- apply safety skills and concepts

Assessment

- Skills assessment