

BERMUDIAN SPRINGS SCHOOL DISTRICT

Boys Middle School Physical Education - Year-Long Curriculum Map



	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May																															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
Introductory Lesson P.E. (Physical Activity, regular participation, enjoyment, social experience, teamwork, etiquette, and adherence to rules)																																									
Soccer/Flag Football (Teamwork, transfer skills, give and go, movement efficiency)																																									
Field Hockey/Soccer (one on one, peer communication, application of force, safety)																																									
Cross Country (cardio-respiratory endurance, muscular endurance, engaging in moderate to vigorous activity)																																									
Basketball - Team work, give and go, peer communication																																									
Recreational Activities - social experience, adherence to rules, teamwork, peer communication																																									
Volleyball (teamwork, Newton's Laws of Motion, balance, flight, practice vs. skill)																																									
Personal Fitness - levers, adherence to rules, personal interest, heart rate monitoring, environment																																									
Fitness Testing - fitness assessment, safety, heart rate, muscular strength																																									
Tennis - new activities, movement efficiency, levers,																																									
Track and Field - muscular strength, muscular endurance, safety, application of force, flight,																																									
Softball - teamwork, balance, safety, practice and skill development																																									