

**2023 - 2024**  
**Middle School Physical Education**  
**General Physical Education ~ Semester-at-a-Glance**

Standard	Aug./Jan.	Sept./Feb.	Oct./Mar.	Nov./April	Dec./May
<b>Movement Competency and Understanding (60% Emphasis)</b>	<p style="text-align: center;"><b>Planning for Physical Activity</b>  <i>Assessing Fitness &amp; Activity Levels, PA Choices, PA Lifestyle, Functional Daily PA, Creating a PA Plan, Implementing, Monitoring &amp; Evaluating Progress</i></p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>		<p style="text-align: center;"><b>Learning Games for Understanding: Territorial &amp; Invasion, Net &amp; Wall, Target, Striking &amp; Fielding</b>  <i>Types of Active Sports (competitive/cooperative), A Variety of Team, Individual, Dual, Recreational Games &amp; Sports, Fitness &amp; Conditioning, Game Classification, Game Tactics, Game Rules, Vocabulary, Equipment &amp; Materials, Health &amp; Skill Related Benefits, Skill Development, Safety Considerations</i></p> <p style="text-align: center;"><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>		
	<p style="text-align: center;"><b>Learning Skills for Enjoying Physical Activity:</b> <i>Agility, Balance, Coordination, Power, Reaction Time &amp; Speed &amp; The Role of Practice on Skill Acquisition</i></p>				
<b>Physical and Personal Wellness (40% Emphasis)</b>	<p style="text-align: center;"><b>Setting Goals for Health &amp; Fitness:</b>  <b>FitnessGram Pre-Test</b>  <i>Setting Short &amp; Long Term Goals; S.M.A.R.T., Planning for Improvement, the HFZ, H.E.L.P. Philosophy</i></p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>	<p style="text-align: center;"><b>Health Related Fitness: Active Aerobics</b>  <i>Level II of PA Pyramid, F.I.T.T. Formula, Training HR, MVPA, Benefits of Active Aerobics</i></p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>	<p style="text-align: center;"><b>Health Related Fitness: Flexibility</b>  <i>Level III Pyramid Activities, Flexibility to Prevent Injury, Warm-Up &amp; Cool Down Exercises, Benefits of Flexibility, Safe Stretching Practices</i></p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>	<p style="text-align: center;"><b>Health Related Fitness: Muscle Fitness</b>  <i>Level III Pyramid Activities, Training Principles of S.P.O.R.T., F.I.T.T. Formula, Differences Between Strength &amp; Endurance, Types of Muscle</i></p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>	<p style="text-align: center;"><b>Evaluating Goals for Health &amp; Fitness:</b>  <b>FitnessGram Post-Test</b>  <i>Goal Evaluation &amp; Reflection</i></p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>
	<p style="text-align: center;"><b>Personal Fitness Training:</b> <i>Executing a Fitness Plan, F.I.T.T. Principle, PA Monitoring/Recording, Physical Fitness Goals, PA Activity Pyramid</i></p>		<p style="text-align: center;"><b>Introduction to Physical Activity &amp; Fitness</b>  <i>Introduction to Physical Activity, The Physical Activity (PA) Pyramid, Exploring PA, Introduction to Physical Fitness &amp; Physical Activity Choices</i></p> <p style="text-align: center;"><b>4 - 6 Lessons</b></p>		<p style="text-align: center;"><b>Lifestyle Physical Activity</b>  <i>Community Connections, Daily PA, Tracking PA (Activity Log)</i></p> <p style="text-align: center;"><b>2 - 4 Lessons</b></p>
<b>Emotional and Social Wellness</b>	<p style="text-align: center;"><b>Personal &amp; Pro Social Responsibility</b>  <i>Strategies for Conveying Ideas &amp; Feelings, Respect For Self &amp; Others, Communication Skills (verbal &amp; non-verbal), Decision Making, Acceptance, Dealing with Negative Peer Pressure</i></p> <p style="text-align: center;"><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>				
	<p style="text-align: center;"><b>Cooperation, Collaboration &amp; Leadership</b>  <i>Group Success (Teamwork), Concepts of Competition &amp; Cooperation, Sportsmanship, Fair Play, Leadership Styles, Leaders &amp; Followers, Leadership Skills &amp; Attributes, Inclusiveness</i></p> <p style="text-align: center;"><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>				<p style="text-align: center;"><b>Stress Mgmt.</b>  <i>Decision Making, Dealing w/ Peer Pressure</i></p> <p style="text-align: center;"><b>2 Lessons</b></p>
<b>Prevention and Risk Management</b>	<p style="text-align: center;"><b>Getting Off to a Good Start</b>  <i>"Nuts &amp; Bolts" to Starting the Year, Objectives, Grading, Attendance, Behavior Expectations, Syllabus, Conditions for Learning</i></p> <p style="text-align: center;"><b>1 - 2 Lessons</b></p>		<p style="text-align: center;"><b>Movement Control for Safe Participation in Physical Activity</b>  <i>Safe &amp; Responsible Movement, Concepts of Space, Speed, Direction &amp; Time, Proper Use &amp; Care of Equipment, Appropriate Attire, Risk Management, Environmental Factors, Weather Conditions, Basic Emergency Response</i></p> <p style="text-align: center;"><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>		
			<p style="text-align: center;"><b>Pre &amp; Post Workout Practices</b>  <i>Proper Warm-Up &amp; Cool Down Routines to Prevent Injury &amp; Enhance Performance, Injury Identification &amp; Basic Treatment (R.I.C.E., Basic First Aid, Concussion Protocol)</i></p> <p style="text-align: center;"><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>		