

**2023 ~ 2024**  
**Middle School Physical Education**  
**Lifetime Fitness ~ Fall Semester-at-a-Glance**

| Standard  | August   | September  | October   | November  | December   |
|---|--|--|---|---|--|
| <b>Movement Competency and Understanding (40% Emphasis)</b> | <u>Planning for Physical Activity</u><br><i>Assessing Fitness &amp; Activity Levels, Physical Activity Choices, Creating a Physical Activity Plan, Implementing, Monitoring &amp; Evaluating Progress</i><br><b>2 - 4 Lessons</b>  |  | <u>Learning Skills for Enjoying Physical Activity</u><br><i>Agility, Balance, Coordination, Power, Reaction Time &amp; Speed &amp; The Role of Practice and Skill Acquisition</i><br><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b>  |   |  |
|   | <u>Physical Activity &amp; Recreation</u><br><i>Lifetime <b>Outdoor</b> Activities &amp; Recreation, Choices for Physical Activity, Level II Pyramid Activities, Individual, Partner, Small Group &amp; Team Games, Health Related Benefits, Skill Development, Key Terms, Equipment &amp; Materials</i><br><b>10 - 12 Lessons</b>               |  | <u>Physical Activity &amp; Recreation</u><br><i>Lifetime <b>Indoor</b> Activities &amp; Recreation, Choices for Physical Activity, Level II Pyramid Activities, Individual, Partner, Small Group &amp; Team Games, Health Related Benefits, Skill Development, Key Terms, Equipment &amp; Materials</i><br><b>16 - 18 Lessons</b> |   |  |
| <b>Physical and Personal Wellness (60% Emphasis)</b>        | <u>Setting Goals for Health &amp; Fitness: FitnessGram Pre-Test</u><br><i>Setting Short &amp; Long Term Goals; S.M.A.R.T., Planning for Improvement, the HFZ, H.E.L.P. Philosophy</i><br><b>4 - 6 Lessons</b>  | <u>Health Related Fitness: Active Aerobics</u><br><i>Level II of PA Pyramid, F.I.T.T. Formula, Training HR, Benefits of Active Aerobics</i><br><b>2 - 4 Lessons</b>  | <u>Health Related Fitness: Flexibility</u><br><i>Flexibility to Prevent Injury, Warm-Up &amp; Cool Down Exercises, Benefits of Flexibility</i><br><b>2 - 4 Lessons</b>  | <u>Health Related Fitness: Muscle Fitness</u><br><i>Training Principles of Specificity, Overload, Progression, F.I.T.T. Formula, Differences Between Strength &amp; Endurance</i><br><b>2 - 4 Lessons</b> | <u>Evaluating Goals for Health &amp; Fitness: FitnessGram Post-Test</u><br><i>Goal Evaluation &amp; Reflection</i><br><b>4 - 6 Lessons</b>   |
|   | <u>Introduction to Physical Activity &amp; Fitness</u><br><i>Introduction to Physical Activity, The Physical Activity (PA) Pyramid, Exploring PA, Introduction to Physical Fitness &amp; Physical Activity Choices</i><br><b>4 - 6 Lessons</b>   |  | <u>Lifestyle Physical Activity</u><br><i>Community Connections, Daily PA, Tracking PA (Activity Log)</i><br><b>2 - 4 Lessons</b>  |   | <u>Body Composition, Physical Activity &amp; Nutrition</u><br><i>Body Composition Defined, Factors Affecting Body Composition, Maintaining a Healthy Weight, MyPlate, Food Choices &amp; Supplements</i><br><b>4 - 6 Lessons</b> |
| <b>Emotional and Social Wellness</b>                        | <u>Personal &amp; Pro Social Responsibility</u><br><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><br><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b>  |  |   |   |  |
|   | <u>Cooperation, Collaboration &amp; Leadership</u><br><i>Group Success (Teamwork), Concepts of Competition &amp; Cooperation, Sportsmanship, Fair Play, Leadership Styles, Leaders &amp; Followers, Leadership Skills &amp; Attributes, Inclusiveness</i><br><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b> |  |   |   | <u>Stress Mgmt.</u><br><i>Decision Making, Dealing w/ Peer Pressure</i><br><b>2 Lessons</b>  |
| <b>Prevention and Risk Management</b>                       | <u>Getting Off to a Good Start</u><br><i>"Nuts &amp; Bolts" to Starting the Year, Objectives, Grading, Attendance, Behavior Expectations, Syllabus, Conditions for Learning</i><br><b>1 - 2 Lessons</b>  | <u>Movement Control for Safe Participation in Physical Activity</u><br><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><br><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b> |   |   |  |
|   |  | <u>Pre &amp; Post Workout Practices</u><br><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><br><b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b>   |   |   |  |