

2023 ~ 2024
Middle School Physical Education
Team Sports ~ Fall Semester-at-a-Glance

Standard	August	September	October	November	December
Movement Competency and Understanding (70% Emphasis)	<p style="text-align: center;">Learning Skills for Enjoying Physical Activity: <i>Agility, Balance, Coordination, Power, Reaction Time & Speed & The Role of Practice on Skill Acquisition</i> Physical Activity & Recreation: <i>Level II of the PA Pyramid, Types of Active Games & Recreation, Health & Skill Benefits, Skill Development, Vocabulary, Equipment & Materials</i> Planning for Physical Activity: <i>Assessing Fitness & Activity Levels, PA Choices, PA Lifestyle, Functional Daily PA, Creating a PA Plan, Implementing, Monitoring & Evaluating Progress</i> Intentionally Planned & Embedded Within all Activities Where Appropriate</p>				
	<p style="text-align: center;">Outdoor Leisure & Adventure Pursuits <i>Emphasis on a Variety of Lifetime Physical Activity Including: Tennis, Disc Golf, Ultimate Frisbee, Urban Hiking/Geocaching, Jogging, Archery, Golf, Bocce, Cycling, Pickleball, Capture-the-Flag, Soccer, Flag Football, Softball, Kickball, etc.</i> 16 - 22 Lessons</p>		<p style="text-align: center;">Team Sports, Games & Recreational Activities <i>Emphasis on a Variety of Lifetime Physical Activity Including: Speed Ball, Basketball, Indoor Soccer (Hockey), Weight Lifting, Dance, Aerobics, Badminton, Pickleball, Table Tennis, Volleyball, Handball, Wall Ball, Kickball, Small Sided Games, Exercise Circuits, Wiffle Ball, Capture-the-Flag, etc.</i> 24 - 30 Lessons</p>		
Physical and Personal Wellness (30% Emphasis)	<p style="text-align: center;">Setting Goals for Health & Fitness: FitnessGram Pre-Test <i>Setting Short & Long Term Goals; Planning for Improvement, the HFZ, H.E.L.P. Philosophy</i> 4 - 6 Lessons</p>	<p style="text-align: center;">Health Related Fitness: Active Aerobics <i>Level II of PA Pyramid, F.I.T.T. Formula, Training HR, MVPA, Benefits of Active Aerobics</i> 2 - 4 Lessons</p>	<p style="text-align: center;">Health Related Fitness: Flexibility <i>Level III Pyramid Activities, Flexibility to Prevent Injury, Warm-Up & Cool Down Exercises, Benefits of Flexibility, Safe Stretching Practices</i> 2 - 4 Lessons</p>	<p style="text-align: center;">Health Related Fitness: Muscle Fitness <i>Level III Pyramid Activities, Training Principles of S.P.O.R.T., F.I.T.T. Formula, Differences Between Strength & Endurance, Types of Muscle</i> 2 - 4 Lessons</p>	<p style="text-align: center;">Evaluating Goals for Health & Fitness: FitnessGram Post-Test <i>Goal Evaluation & Reflection</i> 4 - 6 Lessons</p>
	<p style="text-align: center;">Introduction to Physical Activity & Fitness <i>Introduction to Physical Activity, The Physical Activity (PA) Pyramid, Exploring PA, Introduction to Physical Fitness & Physical Activity Choices</i> 4 - 6 Lessons</p>		<p style="text-align: center;">Lifestyle Physical Activity <i>Community Connections, Daily PA, Tracking PA (Activity Log)</i> 2 - 4 Lessons</p>		<p style="text-align: center;">Body Composition, Physical Activity & Nutrition <i>Body Composition Defined, Factors Affecting Body Composition, Maintaining a Healthy Weight, MyPlate, Food Choices & Hydration</i> 4 - 6 Lessons</p>
Emotional and Social Wellness	<p style="text-align: center;">Personal & Pro Social Responsibility <i>Strategies for Conveying Ideas & Feelings, Respect For Self & Others, Communication Skills (verbal & non-verbal), Decision Making, Acceptance, Dealing with Negative Peer Pressure</i> Intentionally Planned & Embedded Within all Activities Where Appropriate</p>				
	<p style="text-align: center;">Cooperation, Collaboration & Leadership <i>Group Success (Teamwork), Concepts of Competition & Cooperation, Sportsmanship, Fair Play, Leadership Styles, Leaders & Followers, Leadership Skills & Attributes, Inclusiveness</i> Intentionally Planned & Embedded Within all Activities Where Appropriate</p>				<p style="text-align: center;">Stress Mgmt. <i>Decision Making, Dealing w/ Peer Pressure</i> 2 Lessons</p>
Prevention and Risk Management	<p style="text-align: center;">Movement Control for Safe Participation in Physical Activity <i>Safe & Responsible Movement, Concepts of Space, Speed, Direction & Time, Proper Use & Care of Equipment, Appropriate Attire, Risk Management, Environmental Factors, Weather Conditions, Basic Emergency Response</i> Intentionally Planned & Embedded Within all Activities Where Appropriate</p>				
	<p style="text-align: center;">Getting Off to a Good Start <i>"Nuts & Bolts" to Starting the Year, Objectives, Grading, Attendance, Behavior Expectations, Syllabus, Conditions for Learning</i> 1 - 2 Lessons</p>	<p style="text-align: center;">Pre & Post Workout Practices <i>Proper Warm-Up & Cool Down Routines to Prevent Injury & Enhance Performance, Injury Identification & Basic Treatment (R.I.C.E., Basic First Aid, Concussion Protocol)</i> Intentionally Planned & Embedded Within all Activities Where Appropriate</p>			