

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

Standard	January	February	March	April	May
<b>Movement Competency and Understanding (70% Emphasis)</b>	<p style="text-align: center;"><b>Learning Skills for Enjoying Physical Activity:</b> Agility, Balance, Coordination, Power, Reaction Time &amp; Speed &amp; The Role of Practice on Skill Acquisition  <b>Physical Activity &amp; Recreation:</b> Level II of the PA Pyramid, Types of Active Games &amp; Recreation, Health &amp; Skill Benefits, Skill Development, Vocabulary, Equipment &amp; Materials  <b>Planning for Physical Activity:</b> Assessing Fitness &amp; Activity Levels, Physical Activity Choices, Creating a Physical Activity Plan, Implementing, Monitoring &amp; Evaluating Progress  <b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>				
	<p style="text-align: center;"><b>Team Sports, Games &amp; Recreational Activities</b>            Emphasis on a <b>Variety</b> 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.  <b>24 - 30 Lessons</b></p>			<p style="text-align: center;"><b>Outdoor Leisure &amp; Adventure Pursuits</b>            Emphasis on a <b>Variety</b> 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.  <b>16 - 22 Lessons</b></p>	
<b>Physical and Personal Wellness (30% Emphasis)</b>	<p style="text-align: center;"><b>Setting Goals for Health &amp; Fitness:</b>  <b>FitnessGram Pre-Test</b>            Setting Short &amp; Long Term Goals; Planning for Improvement, the HFZ, H.E.L.P. Philosophy  <b>4 - 6 Lessons</b></p>	<p style="text-align: center;"><b>Health Related Fitness: Active Aerobics</b>            Level II of PA Pyramid, F.I.T.T. Formula, Training HR, MVPA, Benefits of Active Aerobics  <b>2 - 4 Lessons</b></p>	<p style="text-align: center;"><b>Health Related Fitness: Flexibility</b>            Level III Pyramid Activities, Flexibility to Prevent Injury, Warm-Up &amp; Cool Down Exercises, Benefits of Flexibility, Safe Stretching Practices  <b>2 - 4 Lessons</b></p>	<p style="text-align: center;"><b>Health Related Fitness: Muscle Fitness</b>            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  <b>2 - 4 Lessons</b></p>	<p style="text-align: center;"><b>Evaluating Goals for Health &amp; Fitness:</b>  <b>FitnessGram Post-Test</b>            Goal Evaluation &amp; Reflection  <b>4 - 6 Lessons</b></p>
	<p style="text-align: center;"><b>Introduction to Physical Activity &amp; Fitness</b>            Introduction to Physical Activity, The Physical Activity (PA) Pyramid, Exploring PA, Introduction to Physical Fitness &amp; Physical Activity Choices  <b>4 - 6 Lessons</b></p>		<p style="text-align: center;"><b>Lifestyle Physical Activity</b>            Community Connections, Daily PA, Tracking PA (Activity Log)  <b>2 - 4 Lessons</b></p>		<p style="text-align: center;"><b>Body Composition, Physical Activity &amp; Nutrition</b>            Body Composition Defined, Factors Affecting Body Composition, Maintaining a Healthy Weight, MyPlate, Food Choices &amp; Hydration  <b>4 - 6 Lessons</b></p>
<b>Emotional and Social Wellness</b>	<p style="text-align: center;"><b>Personal &amp; Pro Social Responsibility</b>            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  <b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>				
	<p style="text-align: center;"><b>Cooperation, Collaboration &amp; Leadership</b>            Group Success (Teamwork), Concepts of Competition &amp; Cooperation, Sportsmanship, Fair Play, Leadership Styles, Leaders &amp; Followers, Leadership Skills &amp; Attributes, Inclusiveness  <b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>				<p style="text-align: center;"><b>Stress Mgmt.</b>            Decision Making, Dealing w/ Peer Pressure  <b>2 Lessons</b></p>
<b>Prevention and Risk Management</b>	<p style="text-align: center;"><b>Getting Off to a Good Start</b>            "Nuts &amp; Bolts" to Starting the Year, Objectives, Grading, Attendance, Behavior Expectations, Syllabus, Conditions for Learning  <b>1 - 2 Lessons</b></p>	<p style="text-align: center;"><b>Movement Control for Safe Participation in Physical Activity</b>            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  <b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>			
		<p style="text-align: center;"><b>Pre &amp; Post Workout Practices</b>            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)  <b>Intentionally Planned &amp; Embedded Within all Activities Where Appropriate</b></p>			