

Advanced	Physical	Education	Curriculum	Middle School				
Grade	Unit	Standards Taught (MDE)	Lesson Activity	Key Concepts	Content Standards	Resources/Technology	Assessments	Notes
7&8	Cooperative Teamwork, Character, Leadership, & Sportsmanship Fitness	1, 2, 3, 5, 6 1, 2, 3, 4, 5, 6	Human Knot; Silent Line-Up; "I'm a Laker"; Incorporation; Rock, Paper, Scissors Power-Up; Magic Carpet Ride; Swamp Island; Daily/Stretch Leader	Teamwork, Character, Fairness, Respect, Responsibility, Citizenship, Caring, Trustworthiness, Leader, & Sportsmanship	B.PS.07.01 B.PS.07.02 K.PS.07.01 K.PS.07.02	Stopwatch Large Blanket/Tarp Polyspots	Teacher Observation Active Participation Self-Evaluation	
7&8			Target Heart Rate - Graphing Heart Rate; Working Our Target Heart Rate	Resting Heart Rate, Target Heart Rate, Brachial Artery, Carotid Artery, Independent Variable, & Dependent Variable	K.AN.07.02 A.AN.07.04	Heart Rate Monitors Calculators Posterboard Coloring Supplies Pencils Stopwatch Jump Ropes Scooters	Teacher Observation, Individual Heart Rate Graph, Individual Heart Rate Table	
7&8			F.I.T.T. Principle	Frequency, Intensity, Time, Type	K.HR.07.08 A.HR.07.08		Pop-Quiz, Verbal Response Check (Formative)	*Included within each unit
7&8			Fitness Components	Body Composition Cardiovascular Endurance Flexibility Muscular Endurance Muscular Strength	A.HR.07.02 A.HR.07.03 A.HR.07.04	Index Cards with Word & Definition	Mini or Pop-Quiz	*Included within each unit
7&8			Strength Training/Weight Room	Key Concepts: Circuit Training, Safety, Major Muscle Groups, Stretching/Flexibility, Plyometrics, Plan Development, Emphasis of F.I.T.T. & Fitness Components, Toning, Muscle Mass, Fitness Marathon, Spotting Vocabulary: Muscle Anatomy, Sets, Repetition, Hypertrophy, Progressive, Overload		Strength Card with Major Muscle Groups, Circuit Instructional Cards/Posters, Fitness Marathon Worksheets, Medicine Balls, Jump Ropes, Weight Lifting Machines, Dumbbells, Cardio Equipment (e.g., treadmill, bike), Pencils, Stopwatch	Teacher Observation Active Participation Successful Completion of In-Class Assignments (e.g., Strength Card, Fitness Marathon)	
7&8			Cardiovascular	Key Concepts: Rhythmic Activity; Aerobics; Timed Runs; Walk, Jog, Run; Soccer Tag; Cardio Circuit Vocabulary: Cardiovascular Endurance, Pulse, Carotid Artery, Radial Artery, Resting Heart Rate, Exercise Heart Rate, Frequency, Intensity, Time, Atherosclerosis, Heart Attack, Hypertension, Stroke		Heart Rate Monitors, Aerobic Videos, Soccer Ball, Whistle, Stopwatch, Cones	Teacher Observation Increased heart rate from resting Recorded heart rate of graph/table Active participation Self-Assessment based on teacher cues/questioning	
7&8			Fitness Gram	PACER, 1-Mile Run, Push-Ups, Sit & Reach, Curl-Up		Sound System Fitness Gram Records Fitness Gram CD	Fitness Gram Age Appropriate	
	Rhythmic Activities	1, 2, 3, 4, 5, 6			K.RA.07.01			

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7&8			Jump Rope	Skills - Forward Jumping, Backward Jumping, Right Foot Hop, Left Foot Hop, Speed Jumps, High Water, Ski Jumps (side to side), Bell Jumps (forward/backward), Rocker Step, Alternate Feet (Jog), Heel, Toe, Heel, Heel, Double Turn, Swings, Crossovers, Jogging		Jump Ropes Jump Rope Skills Worksheet Stopwatch	Teacher Observation Active Participation Jump Rope Routine Evaluation Mastery of Skills	
7&8			Yoga/Pilates			Yoga Mats Pilates Balls Yoga/Pilates Videos Multimedia Projector	Teacher Observation Active Participation Formative Assessment Questions	
7&8	Goal Setting	3, 4, 6	SMART Goals	Specific, Measureable, Attainable, Realistic, Time	K.HR.07.02 K.HR.07.03 K.HR.07.04 K.HR.07.06 A.HR.07.06 A.HR.07.07	SMART Goals Worksheet White Board Expo Markers	Collected SMART Goals Progress Check-In	
7&8	Outdoor Fitness	1, 2, 3, 4, 5, 6	Scavenger Hunt; Nature Walk; Trail Running; Bike Riding; Hiking; Capture the Flag (Invasion Game); Rollerblading	Running Form, Walking Form, Bike Safety, Hiking Safety	M.OP.07.01 M.OP.07.02 M.OP.07.03 K.OP.07.04 K.OP.07.05 K.OP.07.07	Scavenger Hunt Lists Watches/Stopwatches Bikes Rollerblades Off-Campus Permission Forms	Teacher Observation Active Participation Collection of Items Running/Walking Form Assessment	
7&8	Net/Wall Games	1, 2, 3, 4, 5, 6	Tennis	Key Concepts: Serving, Forehand, Backhand, Rallying, Scoring Vocabulary: Ace, Baseline, Butt, Deuce, Double Fault, Face, Fault, Head, Let, Lob, Love, Match, Overhead Smash, Rally, Set, Shaft, Volley	M.NG.07.01 M.NG.07.02 K.NG.07.01 K.NG.07.02	Tennis Rackets Tennis Balls Tennis Nets Hopper	Teacher Observation Active Participation Skills Assessment Written Assessment of Rules, Technique, & Court	
7&8	Invasion Games	1, 2, 3, 4, 5, 6			M.IG.07.01 M.IG.07.02 K.IG.07.01 K.IG.07.02			
7&8			Ultimate Frisbee	Key Concepts: Passing, Strategy, Communication/Teamwork, Pivoting Vocabulary: Goal Line, End Zone, Goal, Pivot Foot, Throw Off		Frisbee Cones Jerseys	Teacher Observation Active Participation Verbal Feedback & Response	

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7&8			Team Handball	Key Concepts: Basketball, Soccer, Speedball, Man-to-Man Defense, Zone Defense, Teamwork, Throwing, Stationary Catching, Catching on the Run, Controlled Dribbling		Handball Goals Stopwatch Jerseys	Teacher Observation Active Participation Skills Assessment	
7&8			Lacrosse	Key Concepts: Cradling, Passing, Goaltending, Defensive Positioning, Shooting Vocabulary: Clear, Crosse, Draw, Eight-Meter Arc, Free Space, Goal Circle, Marking, Penalty Lane, Sphere, Twelve-Meter Fan		Lacrosse Sticks Lacrosse Goals Lacrosse Balls Goal Sticks Goalie Pads Cones	Teacher Observation Active Participation Skills Assessment	
7&8			Omnikin Ball	Key Concepts: Passing, Striking, Throwing, Kicking, Teamwork, Communication		Omnikin Ball Scoreboard Jerseys	Teacher Observation Active Participation Skills Assessment	
7&8	"Survivor"	1, 2, 5, 6		Reinforcement of Character, Teamwork, & Challenge - a culmination of everything we have worked on throughout the semester. Challenges are a variety of fitness, sports, artistic, and assorted tasks meant to reach/utilize all student's talents.		"Character Education" Worksheets Posterboard Torch Props Multimedia Projector Bandanas	Teacher Observation Active Participation Collected "Character Education" Worksheet Unit End Reflection	
7&8	Outside Assignments	2, 3, 4, 6	F.I.T.T. Activity Log (Weekly); Fitness-Related News Article	Reinforce skills/information taught in class Share information with family and/or community Literacy/Interdisciplinary Skills	B.RP.07.02 B.ID.07.01 K.ID.07.01 K.PA.07.01	F.I.T.T. Activity Log News Articles Fitness Homework Cardiovascular Endurance Homework Cardiovascular Disease Homework	Completed & Signed F.I.T.T. Activity Log Comprehension, Application, Analysis, & Synthesis Questions related to the article Mini or Pop-Quizzes	

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7&8	Final Project	2, 6	2-3 In-Class Work Days & Presentation on Exam Day	Allow creativity to create a new game/sport. Students will create a written format of their game/sport and present the final idea on the exam day to the class to play. Concepts to be included: purpose, movement skills, fitness component, F.I.T.T., target heart rate, equipment needed, safety, rules, strategies, drills/skills, game play, scoring/how to win, etc.		All equipment needed by students to allow for creativity (e.g., variety of balls, cones, hoola hoops, jump ropes, scooters, nets/goals, pennies/jerseys) Computers/Laptops Paper Pencils	Self-Evaluation Peer-Evaluation (on presentation skills only) Rubric for Written Rubric for Presentation Skills	
7&8	General Participation Expectations	3, 4, 5, 6			K.RP.07.01 K.SB.07.01 K.ID.07.03 A.PE.07.01 B.FB.07.01 B.RP.07.01 B.SB.07.01 B.ID.07.03	PE Participation Rubric	Daily Participation & Dress	*All students are expected to participate in daily physical education classes. They should come prepared to class by dressing for physical activity. It coordinates with the teamwork, leadership, and character unit throughout the trimester.