


BEAUMONT INDEPENDENT SCHOOL DISTRICT

Middle School Physical Education 6^t - 8th

2024-2025 Instructional Activities Schedule

Remote Learning /Lifetime Activities/Unit Plans

Aerobics/Rhythms	Badminton	Basketball
Bowling	Conditioning	
Fitness	Flag Football	Floor Hockey
Frisbee Golf	Jogging	Pedometer
Pickleball	STAAR Lifetime Activities	★ STAAR Testing TBA
Strength Training	Softball	Tchoukball
Tennis	Track and Field	Volleyball
 https://letsgo.catch.org/users/sign_in	BISD Class Link Apps https://myapps.classlink.com/home	CPR / Stop the Bleeding Class (Link) https://docs.google.com/document/d/119CmwLyDuzbLAgM7ov_Rx_QYOze5TMvRA79j0I0OZgE/edit?usp=drive link

CPR / Stop the Bleeding Class

Marshall : October 28 - November 1	Odom Academy: November 4 - November 8
Vincent: November 11 - November 15	Pietzsch-MacArthur: November 18 - November 22
Smith TBA	

Contact Mr. Saveat if you're not able to keep the dates listed above

Remote Learning Resources

https://docs.google.com/presentation/d/1zr5Sr02xkbDPq8XRvHBrdLMhgpBTu5IrVheXwZm6w/edit#slide=id.g131bac2f128_0_123

Physical Education Resources

- Frequently Asked Questions <https://tea.texas.gov/academics/subject-areas/health-and-physical-education/pe-faq.pdf>
- TAHPERD <https://www.tahperd.org/tahperd-main-website-event>
- Gopher <https://gophersport.com/resources>
- OPEN Physical Education <https://openphysed.org>

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Dates	Activity	Activity
1st Grading Periods	August 12th - October 9th	
August 12 th - Aug 16 th	First Days of Student Orientation Physical Education Overview /Syllable	
	Physical Education Remote Learning Refer to: Introduction to Scope and Sequence Curriculum Remote Learning Resources Free Video and Resources Ideas for At-Home Learning	
August 19 th - Aug 23 rd	Conditioning Fitness Concepts Conditioning Lesson Jogging and Heart Rate Lesson Fitness Overview	Choose Lead Up games of your Choice or CATCH
August 26 th - Aug 30 th	Fitnessgram Test Due May 9, 2025	
September 3 rd - 20 th	Unit Plan Volleyball / Flag Football Choose Sport Specific or Non Sport Specific	
September 23 rd - 30 th	Make Up Fitnessgram Pre- Test	Choose Lead Up games of your Choice or CATCH

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Dates	Activity	Activity
2nd Grading Periods	October 16th - December 20th	
October 1 st - Oct 4 th	Fitness Stations Lesson	
October 7 th - Oct 9 th	Ultimate Football /Ultimate Volleyball	
October	Character Counts Week Six Pillars Lessons/Character Counts Lessons TRUSTWORTHINESS, RESPECT, RESPONSIBILITY FAIRNESS, CARING, AND CITIZENSHIP https://charactercounts.org/character-counts-week/ https://ccstjohns.com	Great Self-esteem Builders Links to Stop Bullying StopBullying.gov Bullying Statistics
October 23 rd – Oct 31 st	<i>Red Ribbon Week 2023 October 23rd-31st</i> <i>Be Kind To Your Mind Live Drug Free</i> https://www.redribbon.org/	
November 4 st – Nov 8 th	"CASTLE BALL" https://www.youtube.com/watch?v=ZTONIjZJ4fk	
November 11 th Nov 15 th	Unit Plan Basketball (Lead Up Games)	Lead Up Games of Your Choice or CATCH
November 18 th Nov 22 nd	Big Ball Basketball https://www.omnikin.com/media/wysiwyg/omnikin/jeux/omnikin_basketball/basket_ball_cerceaux_en.pdf	
November 25 th - 29 th	Thanksgiving Break	
December 2 th - Dec 6 th	Pin DodgeBall Fitness Stations Lesson	
December 9 th - Dec 13 th	Continue : Unit Plan Basketball	
December 11 th - Dec 13 th	Skills Test/Written Test End of the 2nd Grading Period	
December 14 th - Dec 20 th	CATCH https://letsgo.catch.org/courses/take/catch-pe-6-8-activity-cards/texts/6730255-2-4-6-8-everybody-participate	Catch Activities of Your Choice → Everybody Participate → Blob Tag
December 23 rd - Jan 3 rd Jan 6 th TWD	Winter Break Staff/Student Holiday - Teacher Work Day	

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3rd Grading Periods	January 7th - March 6th	
January 7 th – 10 th	Schedule Changes Physical Education Overview /Syllables	
January 13 th – 15 th	Conditioning Fitness Concepts Conditioning Lesson Jogging and Heart Rate Lesson Fitness Stations	
January 16 th – 17 th	Fitnessgram New Students	
January 21 st – Jan 24 th	Team Sports Activities Incorporate STAAR Activities STAAR Games-Let's Move Activities/Pedometer Cross Curricular/Scarf Juggling-STAAR Language Arts/Health/Math; Indoor Circuit-STAAR Social Studies/Math/Science/Language Arts	STAAR Enrichment Activities What Moves You Activities as warm up energizers
January 27 th – Jan 31 st	Unit Plan Tennis (Lead Up Games)	
February 3 rd – 7 th	Any Team Sports Activities	STEM
February 10 th – 13 th	Non-Traditional Games Tchoukball , Kin - Ball & Ultimate Frisbee	
February 19 th - Feb 28 th	Unit Plan Track and Field Track Events of Choice Jogging and Heart Rate Lesson	
March 3 rd – Mar 6 th	Skills Test/Written Test End of the 3rd Grading Period	
March 10 th - 14 th	Spring Break	

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Dates	Activity	Activity
4th Grading Periods	March 17th May 30th	
March 17 th - Mar 21 st	Unit Plan Soccer	
March 24 th - Mar 28 th	Crab Soccer(STAAR Game)/Apache Ball(DodgeBall)/Any Cooperative Games	
April 1 st - April 4 th	Team Sports Activities Choose Lead Up games to Unit or focus on team sports	Incorporate STAAR Activities
April 7 th – 11 th	Unit Plan : Badminton /Pickleball or Bowling	Choose Sport Specific or Non Sport Specific
April 22 nd	Earth Day Activities https://teambuilding.com/blog/virtual-earth-day	
April 28 th – 30 th	Non-Traditional Games STAAR Lifetime Activities	Lead Up Games of Your Choice or CATCH
May 1 st 9 th	NBA Cares May is Mental Health Awareness Month. Learn about these six approaches to taking care of your mental health <ul style="list-style-type: none"> • Hoops For Troops • Mind Health • Youth, Mind Health Coaches, • Mind Health Parents, NBA • Encourage Mental Wellness, and • Meditation and Mind Health by Headspace. https://mindhealth.nba.com/	 STEM sports STEM SPORTS BOOKS WILL BE PROVIDED TO EACH CAMPUS 
May 9 th	Fitnessgram Test Due May 9th 2024	
May 12 th – 16 th	Unit Plan -Softball Outdoor Recreation /Recreational Activities	Lead Up Games of Your Choice or CATCH
May 19 th – 30 th	End of Year School Awards Day/Field Day	

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- **EVERY Middle School in BISD should be following the same curriculum.**
- **There are lists of Remote Learning resources, resources, lessons, skills assessments, unit plans, and activities in the curriculum. You may substitute any activity or lesson with another one we have listed, just as long as you follow the curriculum. We have added several STAAR related and STEM SPORTS lessons that need to be incorporated with your Lesson plans (ex: Skillastics is great to use during unit plans or as a fitness lesson or sports specific lesson).**
- **Skills tests need to be done after a unit plan and activities. The curriculum team has offered 2-3 assessments per unit plan. Written tests are to be done at the end of EVERY nine weeks. We have provided written tests listed in the curriculum(You may use or create your own test). The final exam can be a correlation of everything taught each semester.**
- **Mandatory State law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA).**