



Course Outline: Middle School Comprehensive Physical Education (6th/7th)

Purpose: The purpose of this course is to provide a foundation of knowledge and skills necessary for the development of a physically active lifestyle. The course addresses both the health and skill-based components of physical fitness, by providing a variety of movement opportunities which include but are not limited to fitness activities and team sports. This course includes content necessary for optimal development of adolescents such as resiliency education: civic and character education and life skills education as well as substance use and abuse prevention.

Course Information and Standards: [M/J Comprehensive Physical Education Grade 6/7 - 1508060 | CPALMS.org](#)

Length: 18 Week Course

Textbook Resources: N/A

BCPS Physical Education Vision: Educating today's students, to develop the skills, knowledge, and self-efficacy to take action and pursue enjoyment in a lifetime of physical activity and quality mental and social health, in tomorrow's world.

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

Weeks	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-2	Unit 1: Introduction, Establishing Rules and Routines, Cooperatives	<i>Introduction, Rules/Routines, Cooperatives/Health Relationships</i> Introduction to Class: Class norms/expectations, locker rooms, behavior contract, etiquette, safety Physical Education Components: Cooperation, Effective Communication, Respect, Empathy, Leadership, Positive and Negative Peer Pressure, Teamwork, Heat Illness, Heat Cramps, Heat Stroke, Heat Exhaustion Health Education Components: Healthy Relationships, Communication Skills, Respect, Boundaries, Trust and Honesty, Conflict Resolution, Heat Illness	PE.6.C.2.2, 2.21, 2.22 PE.6.L.3.1, 3.2 PE.6.M.1.12 PE.6.R.5.1, 5.2, 5.4, 5.5 PE.7.R.5.1, 5.2 HE.68.R.2.2, 2.3, 2.4, 2.9 HE.68.R.4.1 HE.68.SUA.1.1, 1.2, 1.7 HE.68.SUA.3.3 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
3-4	Unit 2: Fitness Testing and Health Related Fitness	<i>Fitness testing and Health Related Fitness</i> Physical Education Components: Warm-up, Cool-down, Dynamic Stretching, Static Stretching, Health Related Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiorespiratory Endurance, Fitnessgram Goal Setting Health Education Components: Goal Setting, Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiorespiratory Endurance, Lifelong Fitness, Task Oriented Environment	PE.6.C.2.1, 2.2, 2.4, 2.13 PE.6.L.3.1, 3.2, 3.3, 3.4, 3.5, 3.6 PE.6.L.4.5 PE.6.M.1.1, 1.4, 1.5, 1.11, 1.12 PE.6.R.5.2, 5.4, 5.5 PE.6.R.6.1, 6.2 PE.7.R.5.1, 5.2, 5.3 HE.6.PHC.3.4 HE.68.HR.2.5 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

5-6	Unit 3: MS Combine and Skill Related Fitness	<i>MS Combine and Skill Related Fitness</i> Physical Education Components: Skill Related Fitness, Agility, Balance, Coordination, Power, Speed, Reaction Time, 40 Yard Dash, Long Jump, Shuttle Run, Single Leg Balance Test, Ruler Test, Wall-ball test Health Education Components: Agility, Coordination, Balance, Stability, Performance, Power, Reaction Time, Injury Prevention, Lifelong Fitness	PE.6.C.2.1, 2.4, 2.12 PE.6.L.3.1, 3.2, 3.3, 3.4, 3.5, 3.6 PE.6.L.4.5 PE.6.M.1.5, 1.11, 1.12 PE.6.R.5.2, 5.4, 5.5 PE.6.R.6.2 PE.7.R.5.1, 5.2, 5.3 HE.6.PHC.3.4 HE.68.HR.2.5 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
7-8	Unit 4: F.I.T.T and Conditioning Training Principles	<i>FITT and Conditioning Principles</i> Physical Education Components: Heart Rate, Max Heart Rate, Resting Heart Rate, Heart Rate Reserve, Karovonen Formula, Target Heart Rate, F.I.T.T Training Principle, Frequency, Intensity, Time, Type, Fitness Training Principle, Overload, Progression, Specificity, Individualization, Sets, Load, Rate of Perceived Exertion (RPE), Cross Training Health Education Components: Health Related Fitness, Goal Setting, Wellness, Proper Technique, Heart Rate, Max Heart Rate, Resting Heart Rate, Heart Rate Reserve, Karovonen Formula, F.I.T.T Training Principle, Frequency, Intensity, Time, Type, Fitness Training Principle, Overload, Progression, Specificity, Individualization, Rate of Perceived Exertion (RPE)	PE.C.2.1, 2.2, 2.3, 2.4, 2.5, 2.7, 2.8, 2.9 PE.6.L.3.1, 3.2, 3.3, 3.4, 3.5, 3.6 PE.6.M.1.1, 1.2, 1.3, 1.4, 1.5, 1.11, 1.12 PE.6.R.5.2, 5.4, 5.5 PE.7.R.5.1, 5.2, 5.3 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
9-10	Unit 5: Nutrition and Group Fitness Plans	<i>Nutrition/Fitness Logs and Activities</i>	PE.6.C.2.1, 2.2, 2.3, 2.4, 2.10, 2.11 PE.6.L.3.1, 3.2, 3.3, 3.4, 3.5 PE.6.L.4.1, 4.2, 4.3, 4.4	

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

		Physical Education Components: Nutrition, Calories, Macronutrients, Carbohydrates, Proteins, Fats, Micronutrients, Vitamins, Minerals, Food Label, Serving Size Health Education Components: Nutrition, Calories, macronutrients, Carbohydrates, Proteins, Fats, Micronutrients, Vitamins, Minerals, Food Label, Serving Size	PE.6.M.1.1, 1.3, 1.11, 1.12 PE.6.R.5.2, 5.4, 5.5 PE.6.R.6.1 HE.6.R. 2.4, 2.8 HE.68.HR.2.5 HE.7.PHC.3.6 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
11-12	Unit 6: Aerobic and Anaerobic Sports	<i>Aerobic and Anaerobic Sports</i> Physical Education Components: Aerobic, Anaerobic, Dribbling (hands), Cross-over, Bounce Pass, Chest Pass, Overhead Pass, Pump Fake, BEEF, Jump Shot, HORSE, Trap, Dribbling (feet), Pull Back, La Croqueta, ADD GYMNASTICS Health Education Components: Aerobic, Anaerobic, Communication Skills, Teamwork	PE.6.C.2.1, 2.2, 2.4, 2.6 PE.6.L.3.1, 3.2, 3.3 PE.6.M.1.1, 1.4, 1.6, 1.7, 1.11, 1.12 PE.6.R.5.2, 5.4, 5.5 PE.7.C.2.1, 2.3, 2.6, 2.8, 2.9 PE.7.M.1.1, 1.2, 1.7, 1.8 PE.7.R.5.1, 5.2, 5.3 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1 ELA.K12.EE.4.1	BCPS PE Canvas Resources
13-14	Unit 7: Sports from Other Cultures	<i>Lacrosse, Floorball, Team Handball</i> Physical Education Components: Lacrosse, Floorball, Team Handball, Cradling, Scoop/Groundball, Dodging, Dominant Hand, Goalie, Forehand, Backhand, Dribble, Accuracy, Control, Defense, Offense, Defender, Interception, Cradle, Pass, Free Throw, Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength,	PE.6.C.2.4 PE.6.L.3.1, 3.2 PE.6.M.1.11, 1.12, 1.13 PE.6.R.6.3 PE.7.C.2.1, 2.3, 2.6, 2.8, 2.9 PE.7.M.1.1, 1.2, 1.7, 1.8 PE.7.R.5.1, 5.2, 5.3 MA.K12.MTR.7.1 MA.K12.MTR.3.1 ELA.K12.EE.1.1	BCPS PE Canvas Resources

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

		Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness	ELA.K12.EE.4.1	
15-18	Unit 8 and 9: Fitness Post Tests, CPR/First Aid Instruction, Cumulative Review, Fill Days, End of Semester Celebration, EOC Exam	<i>Fitness Post Tests, CPR/First Aid Instruction, Ever-Fi Courses, Cumulative Review, Final Exam, End of Course Exam, End of Semester Celebration</i>	Cumulative review of all course benchmarks SB 430 mandate	<i>BCPS PE Canvas Resources</i>

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)

Course Standards Directory

Name	Description	Unit
PE.6.C.2.3:	Describe how each of the health-related components of fitness are improved through the application of training principles.	4, 5
PE.6.C.2.4:	Describe the long-term benefits of regular physical activity.	2, 3, 4, 5, 6, 7
PE.6.C.2.7:	Determine personal target heart-rate zone and explain how to adjust intensity level to stay within the desired range.	4
PE.6.C.2.11:	Prepare a log noting the food intake, calories consumed and energy expended through physical activity and describe results.	5
PE.6.C.2.12:	List the components of skill-related fitness.	3
PE.6.C.2.13:	List appropriate warm-up and cool-down techniques and the reasons for using them.	2
PE.6.C.2.21:	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	1

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

PE.6.C.2.22:	List the three different types of heat illnesses associated with fluid loss.	1
PE.6.L.3.1:	Participate in moderate physical activity on a daily basis.	1-7
PE.6.L.3.2:	Participate in vigorous physical activity on a daily basis.	1-7
PE.6.L.3.3:	Participate in a variety of fitness, wellness, gymnastics and dance activities that promote the components of health-related fitness.	2, 3, 4, 5
PE.6.L.3.4:	Identify the in-school opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	2, 3, 4
PE.6.L.3.5:	Identify the community opportunities for physical activity that promote fitness, wellness, gymnastics and dance.	2, 3, 4
PE.6.L.3.6:	Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management.	2, 3, 4
PE.6.L.4.1:	Create, implement and assess a personal fitness program in collaboration with a teacher.	5
PE.6.L.4.2:	Develop goals and strategies for a personal physical fitness program.	5
PE.6.L.4.3:	Use available technology to assess, design and evaluate a personal physical-activity plan.	5
PE.6.L.4.4:	Develop a personal fitness program including a variety of physical activities.	5

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

PE.6.M.1.1:	Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility and proper body composition.	2, 4, 5, 6
PE.6.M.1.2:	Perform at least three different activities that achieve target heart rate.	4
PE.6.M.1.3:	Demonstrate the principles of training (overload, specificity and progression) and conditioning (frequency, intensity, time and type) for specific physical activities.	4, 5
PE.6.M.1.4:	Perform at least three activities having value for cardiorespiratory fitness.	2, 4, 6
PE.6.M.1.5:	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	2, 3, 4
PE.6.M.1.6:	Design and perform smooth, flowing sequences of stunts, tumbling and rhythmic patterns that combine traveling, rolling, balancing and transfer of weight.	6
PE.6.M.1.7:	Design and perform a routine to rhythm, with a partner or a group, while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.	6
PE.6.M.1.9:	Create and perform a rhythmic movement sequence while working with a partner or group.	6
PE.6.M.1.11:	Apply proper warm-up and cool-down techniques.	2, 3, 4, 5, 6, 7
PE.6.M.1.12:	Use proper safety practices.	1-7

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

PE.6.M.1.13:	Use technology to assess, enhance and maintain motor skill performance.	7
PE.6.R.6.1:	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	2, 5
PE.6.R.6.2:	Identify the potential benefits of participation in a variety of physical activities.	2, 3
PE.6.R.6.3:	Participate in games, sports and/or physical activities from other cultures.	7
PE.7.C.2.1:	Identify the basic rules for team sports.	6, 7
PE.7.C.2.3:	Explain basic offensive and defensive strategies in modified games or activities and team sports.	6, 7
PE.7.C.2.6:	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	6, 7
PE.7.C.2.8:	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	6, 7
PE.7.C.2.9:	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	6, 7
PE.7.M.1.1:	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	6, 7
PE.7.M.1.2:	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	6, 7

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

PE.7.M.1.7:	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	6, 7
PE.7.M.1.8:	Apply technology to evaluate, monitor and improve individual skill performance.	6, 7
PE.7.R.5.1:	Identify situations in which peer pressure could negatively impact one's own behavior choices.	1-7
PE.7.R.5.2:	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	1-7
PE.7.R.5.3:	Demonstrate responsible behaviors during physical activities.	1-7
HE.68.R.2.2:	Demonstrate responsible decision-making that considers multiple perspectives.	1
HE.68.R.2.3:	Describe the importance of following school and community laws and rules.	1
HE.68.R.2.4:	Monitor progress toward attaining a personal goal.	1, 5
HE.68.R.2.8:	Identify strategies to manage challenges and setbacks.	5
HE.68.R.2.9:	Identify healthy responses to negative peer pressure.	1
HE.68.R.4.1:	Analyze possible solutions to a problem to determine the best outcome for oneself and others.	1
HE.68.SUA.1.1:	Demonstrate responsible decision-making about the use of substances.	1

MS 6th/7th Comprehensive Physical Education – Broward County Public Schools

HE.68.SUA.1.2:	Define terminology specific to alcohol misuse/abuse and discuss the short- and long-term effects of consuming alcohol.	1
HE.68.SUA.1.7:	Identify signs and symptoms of prescription and/or illicit drug misuse and overdose, including fentanyl and other opioids.	1
HE.68.SUA.3.3:	Differentiate between marijuana/THC myths and facts.	1
HE.68.SUA.4.1:	Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.	1
HE.7.PHC.3.6:	Explain strategies and skills needed to assess progress and maintenance of a personal health goal.	5
MA.K12.MTR.7.1:	Apply mathematics to real-world contexts	1-7
ELA.K12.EE.1.1:	Cite evidence to explain and justify reasoning.	1
ELA.K12.EE.4.1:	Use appropriate collaborative techniques and active listening skills when engaging in discussions in a variety of situations.	1-7