

MIDDLE SCHOOL PHYSICAL EDUCATION SYLLABUS

Course Description/Goals:

Middle School Physical Education encourages students to build the skills, knowledge, and confidence needed to enjoy an active lifestyle now and in the future. Through participation in a variety of activities—including team sports, individual sports, aerobic fitness, and outdoor adventure—students will improve physical abilities while fostering teamwork, sportsmanship, and personal growth. Lessons are designed to promote competence in movement, encourage healthy habits, and inspire a lifelong appreciation for physical activity.

Course TEKS/Objectives:

In Grades 6-8 physical education, students apply sport concepts; recognize key elements for success; develop plans for health-related fitness, skill-related fitness, and skill improvement; apply knowledge of safety practices and self-management; and understand in greater detail the function of the body. Students learn to use technology to assist in measuring and monitoring personal performance. An emphasis is placed on opportunities for participation, activity choices, enjoyment, and challenge, both in and out of school.

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Course Outline:

- Self-Management & Safety Practices
- Health & Fitness Principles
- Target Games
- Invasion Games
- Rhythm & Dance Activities
- Net & Wall Sports
- Fielding & Striking Games
- Outdoor Recreational Activities