

LCCS
Middle School
PE - Curriculum Overview

Month	Unit
September-October	Unit 1: Manipulatives
October-November	Unit 2: Fitness & Conditioning
November-December	Unit 3: Team Sports
January-February	Unit 4: Individual Sports
February-March	Unit 5: Lifetime Fitness
March-April	Unit 6: Dance & Rhythmic Movement
May - June	Unit 7: Team Sports & Strategies

Unit 1:

At a Glance:

- Develop hand-eye and foot-eye coordination through activities like throwing, catching, dribbling, striking, and juggling.
- Use a variety of equipment (balls, paddles, frisbees) in skill progressions and small-sided challenges.
- Emphasize accuracy, control, and safety in movement.
- Build cooperation through partner and group activities.

Timeline: 6–8 weeks (September–October)

Unit 2:

At a Glance:

- Introduce the 5 components of fitness and their benefits.
- Participate in fitness circuits, aerobic games, and SPARK conditioning challenges.
- Use fitness data (e.g., PACER, curl-ups, push-ups, flexibility) to monitor progress.
- Set personal SMART goals for strength, endurance, and flexibility.

Timeline: 6 weeks (October–November)

Unit 3:

At a Glance:

- Apply skills to modified team sports (basketball, soccer, volleyball, flag football).
- Emphasize teamwork, communication, offensive/defensive strategies, and fair play.
- Rotate sports to allow exposure to multiple team activities.
- Encourage leadership roles within small groups.

Timeline: 5–6 weeks (November–December)

Unit 4:

At a Glance:

- Develop skills in sports that emphasize self-improvement (badminton, tennis, track & field, archery if available).
- Focus on accuracy, form, and persistence.

- Highlight personal goal setting and independent practice.
- Encourage peer feedback and self-assessment.

Timeline: 6–7 weeks (January–February)

Unit 5:

At a Glance:

- Explore lifelong activities such as yoga, Pilates, walking/jogging programs, fitness games, and weight training basics.
- Emphasize stress management, flexibility, and balanced wellness.
- Connect physical activity with mental health benefits.
- Foster habits that promote lifelong physical fitness.

Timeline: 5–6 weeks (February–March)

Unit 6:

At a Glance:

- Participate in line dancing, cultural dances, and rhythm-based fitness activities.
- Explore rhythm, timing, and creative movement through SPARK dance modules.
- Develop coordination, balance, and self-expression.
- Incorporate student-created choreography to build ownership.

Timeline: 5–6 weeks (March–April)

Unit 7:

At a Glance:

- Apply advanced strategies and skills in small- and large-sided games (e.g., ultimate frisbee, capture the flag, kickball, cooperative games).
- Emphasize higher-level teamwork, problem-solving, and sportsmanship.
- Use tournaments and team challenges to foster competition and collaboration.
- Reflect on growth in skills, strategy, and teamwork across the year.

Timeline: 6–7 weeks (May–June)