

Course Title

Middle School Physical Education



INNOVATIVE ARTS ACADEMY

Course Overview

The Physical Education units emphasize promoting lifelong fitness by developing **competence and comfort in movement skills**. The curriculum covers units like **Physical Activity and Wellness, Movement Concepts and Strategies, Cooperative Games, Movement & Rhythm, and Team Games**. Key principles taught include the FITT principle for fitness, scientific principles of motion, and effective strategies for individual and team activities. The goal is for students to understand the importance of physical activity for a healthy lifestyle.

Unit 1

Physical Fitness and Personal Activity

Time Frame

30 Days

Unit 2

Movement Concepts and Skill Development

Time Frame

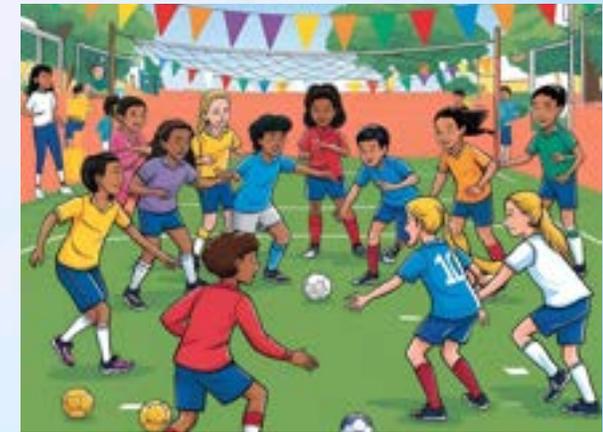
30 Days

Unit 3

Games, Teamwork, and Strategy

Time Frame

30 Days



Focus of the Unit

Building a **foundation** of physical fitness by understanding its components, assessing personal levels, and creating a **plan for lifelong physical activity** to enhance **personal well-being**.

Focus of the Unit

Exploring fundamental **movement principles** and the **science of motion** to develop and apply **basic skills** and enhance the effectiveness and enjoyment of physical activity.

Focus of the Unit

Applying **movement skills** and **strategies** in various **cooperative** and **team game** settings while demonstrating **sportsmanship, collaboration**, and effective communication.

Board Approved 8/2025

Course Title

Middle School Health



INNOVATIVE ARTS ACADEMY

Course Overview

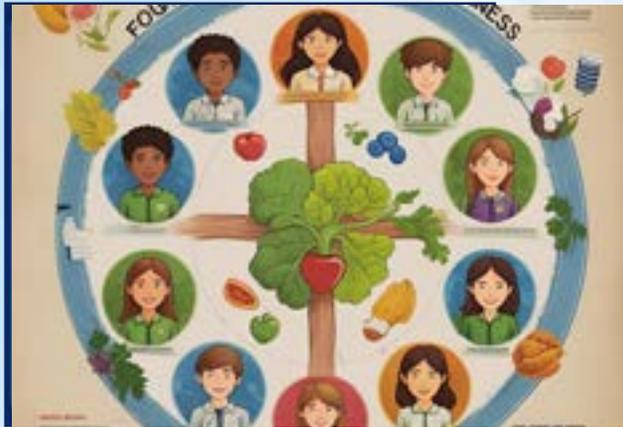
The Physical Education units focus on promoting lifelong fitness by fostering competence and comfort in movement skills¹. The curriculum includes developing personal fitness programs using principles like FITT¹, understanding movement concepts, principles, and strategies²..., participating in cooperative games to build teamwork⁵, and applying rules, sportsmanship, and offensive/defensive strategies in team sports⁴. The goal is to enhance performance, make physical activity enjoyable, and emphasize its importance for a healthy lifestyle

Unit 4

Foundations of Health and Wellness

Time Frame

30 Days



Focus of the Unit

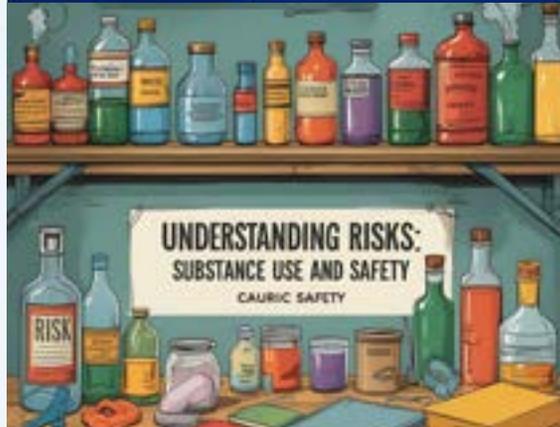
Recognizing the dimensions of health and wellness, understanding how personal choices and external factors influence health, and making informed decisions about nutrition and personal care.

Unit 5

Understanding Risks: Substance Use and Safety

Time Frame

30 Days



Focus of the Unit

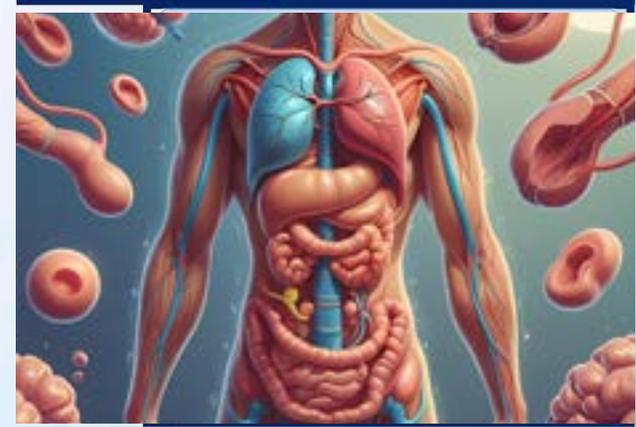
Analyzing the risks and consequences associated with substance use, understanding addiction, evaluating influences, and utilizing refusal and safety skills to avoid harmful situations and protect oneself and others.

Unit 6

Human Body & Wellness

Time Frame

30 Days



Focus of the Unit

Exploring key body systems and their functions, understanding human growth and development, and learning how to prevent and manage common diseases and health conditions.

Unit Title	Physical Fitness and Personal Activity
Time Frame	30 Days



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	Essential Question(s)
	How can understanding movement concepts improve my performance?

	Focus of the Unit
	The focus of these units is designed to promote lifelong fitness strategies and goals that will enhance an individual's quality of life

Standards	10.1 Concepts of Health 10.2 Healthful Living 10.3 Safety and Injury Prevention
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Learning Targets
6 th - I can identify the different components of physical fitness and understand why being active is important for my health.

Learning Targets
7 th - I can assess my own fitness levels and explain how different exercises improve specific fitness components.

Learning Targets
8 th - I can develop a personal fitness plan that targets multiple fitness components to support my lifelong health and well-being

Learning Targets
6 th -8 th - I can assess my fitness levels and create a plan to improve my health through regular physical activity for lifelong well-being.



Resources	Balls, gym, partner.
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Unit Title	Movement Concepts and Skill Development
Time Frame	30 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How can understanding movement concepts improve my performance? How can I make movement more interesting, fun, and enjoyable?

	Focus of the Unit
	The focus of this unit is designed to promote lifelong fitness strategies and goals that will enhance an individual's quality of life

Standards	10.1 Concepts of Health 10.2 Healthful Living 10.3 Safety and Injury Prevention
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Learning Targets
6th- I can relate physical activity, healthy eating, and body composition to personal fitness and health

Learning Targets
7th- I can evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health

Learning Targets
8th- I can describe and apply the FITT (Frequency, Intensity, Time, Type) principle to improve personal fitness

Learning Targets
6th-8th- I can use movement principles and knowledge of the science of motion to improve my physical skills and enjoy being active.



Resources	Balls, gym, partner.
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Unit Title	Games, Teamwork, and Strategy
Time Frame	30 Days



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ARTS ACADEMY

	Essential Question(s)
	How can understanding movement concepts improve my performance? Why do I have to show good sportsmanship and follow the rules when others do not?

	Focus of the Unit
	The focus of this unit is designed to promote lifelong fitness strategies and goals that will enhance an individual's quality of life

Standards	10.1 Concepts of Health 10.2 Healthful Living 10.3 Safety and Injury Prevention
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Learning Targets
6th- I can describe and implement cooperative strategies in a variety of activities and sports...

Learning Targets
7th- I can demonstrate the use of offensive, defensive, and cooperative strategies in individual, dual, and team activities

Learning Targets
8th- I can describe how positive mental attitudes, competent skill levels, and teamwork may affect cooperative strategies in individual and team activities

Learning Targets
6th-8th- I can apply movement skills and game strategies in team activities while showing cooperation, sportsmanship, and effective communication.



Resources	Balls, gym, partner.
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Unit Title	Foundations of Health and Wellness
Time Frame	30 Days



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ARTS ACADEMY

	Essential Question(s)
	What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?

	Focus of the Unit
	understanding that total health is comprised of physical, mental/emotional, and social health

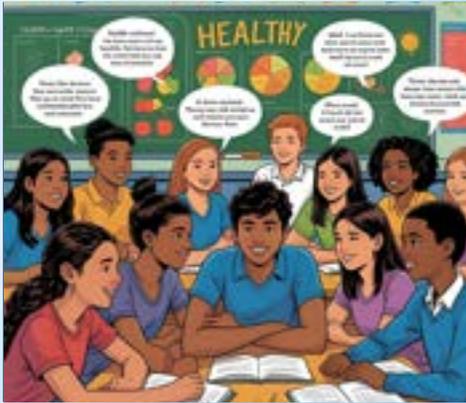
Standards	10.1.9.A, 10.1.9.B, 10.1.9.D, 10.1.9.E
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Learning Targets
6th grade- I can describe the different parts of health and wellness, and explain how my daily choices affect how I feel

Learning Targets
7th- I can explain how personal habits and outside influences (like media or peers) impact my nutrition, hygiene, and overall well-being.

Learning Targets
8th- I can evaluate how my decisions about nutrition, personal care, and lifestyle habits affect my long-term health and wellness.

Learning Targets
6th-8th- I can recognize how my choices and surroundings influence my physical, mental, and emotional wellness, and make informed decisions about nutrition and personal care.



Resources	Computer, Smartboard, Online Resources, Hard Copy
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Unit Title	Understanding Risks: Substance Use and Safety
Time Frame	30 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How can I make safe and healthy choices when faced with peer pressure or risky situations? What are the short- and long-term consequences of substance use, and how can I protect myself and others?

	Focus of the Unit
	The focus is on understanding that drug misuse and abuse can seriously harm your health triangle

Standards	10.1.9.A, 10.1.9.B, 10.1.9.D, 10.1.9.E
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Learning Targets
6th- I can identify harmful substances and explain how they affect the body and brain.

Learning Targets
7th - I can recognize the signs of peer pressure and use refusal skills to avoid risky situations involving drugs, alcohol, or tobacco.

Learning Targets
8th- I can analyze how substance use and addiction affect individuals and communities, and evaluate strategies to make healthy, informed decisions.

Learning Targets
6th - 8th- I can analyze how substance use affects individuals and communities, and use decision-making and refusal skills to stay safe and make healthy choices.



Resources	Computer, Smartboard, Online Resources, Hard Copy
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Unit Title	Human Body & Wellness
Time Frame	30 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do the systems of the human body work together to keep us healthy? What roles do body systems play in human growth, development, and disease prevention?

	Focus of the Unit
	Health concepts are essential for wellness and a health-enhancing lifestyle

Standards	10.1.9.A, 10.1.9.B, 10.1.9.D, 10.1.9.E
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Learning Targets
6th- I can understand the endocrine system and its role in regulating body function, growth, and development, including identifying some disorders and treatments

Learning Targets
7th- I can understand communicable diseases , which are diseases that can spread from person to person, and are caused by pathogens like viruses, bacteria, fungi, and protozoa

Learning Targets
8th- I can understand the influence of media messages on teen activity

Learning Targets
6th-8th- I can explain how the body's systems work together to support growth, development, and overall health, and identify ways to prevent illness and stay well.



Resources	Computer, Smartboard, Online Resources, Hard Copy
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