

Middle School Physical Education (6, 7, & 8)

Course Description: The physical education program at the middle school level is designed to develop physical fitness, motor ability, sportsmanship, teamwork, and a knowledge of physical health and overall wellness. Also, required by Senate Bill 42, the physical education program incorporates a coordinated health approach to preventing obesity, cardiovascular disease, and Type II diabetes.

The primary aims of the physical education program are to teach movement patterns, performance strategies, rules of team and individual sports, lifetime wellness, and to encourage the enjoyment of physical activity. Efforts to promote a lifelong interest in physical fitness are achieved through instruction and the use of heart rate monitors, pedometers, and authentic assessments appropriate for students. Included in the physical education program are team sports, wellness components, and lifetime fitness activities. The curriculum, as appropriate, can be coeducational. A health-related physical fitness test is administered at each grade level throughout the school year.

Texas Essential Knowledge and Skills:

[Chapter 116.26, 116.27, 116, 28 Texas Essential Knowledge and Skills for Physical Education \(6, 7, & 8\)](#)

Grading Period 1	Start Date	End Date
Locomotor Skills Non-Locomotor Skills Manipulative Skills Games And Activities Warm-Up/Cool Down Benefits Of Physical Activity Personal Health And Hygiene	08/12/26	10/08/26
Grading Period 2	Start Date	End Date
Locomotor/Non-Locomotor Skill Combinations Spatial And Body Awareness Safety Practices Games And Activities Warm-Up/Cool Down Benefits Of Physical Activity Healthy Physical Activity	10/19/26	12/18/26

Grading Period 3	Start Date	End Date
Components Of MVPA (Moderate To Vigorous Physical Activity) FITT Rhythmic Activities Fitnessgram Games And Activities Warm-Up/Cool Down Benefits Of Physical Activity Evaluating Health Information	01/05/27	03/11/27
Grading Period 4	Start Date	End Date
Lifetime Fitness Activities Understanding Health-Enhancing Lifestyles MVPA And Lifetime Activities Games And Activities Warm-Up/Cool Down Benefits Of Physical Activity Safety And First Aid	03/22/27	05/27/27

Lessons in the curriculum will include: Movement Patterns and Movement Skills, Performance Strategies, Health, Physical Activity, and Fitness, Social and Emotional Health, and Lifetime Wellness.

Notes:

******The length of each unit is a specific number of days, but it is understood that there is a range of +/- a day. The purpose of the flexibility is to allow teachers the opportunity to plan for the needs of their students and to accommodate re-teaching or review when necessary.