

Curriculum at a Glance

Physical Education

6th-8th Grades

The middle school Physical Education curriculum is based off the Shape America's National Standards. Each unit of content, students will continuously work on the following skills and build off their prior knowledge over the years. The focus of the 6th grade curriculum is on game specific manipulative skills. The focus of the 7th/8th curriculum is team strategy and game play. The curriculum offers students a wide variety of opportunities to gain the knowledge and skills necessary to participate in team sports. The students also learn the rules and regulations of the various sports. These skills are presented through cooperative activities, which foster the student's ability to be a positive member of a team.

- **Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit Name/Description	Content and/or Skills
<u>FALL</u>	
Flag Football	<ol style="list-style-type: none">1. Throwing2. Catching3. Snapping4. Punting/ kick off5. Patterns6. Positions7. Rules of flag football/ Safety

Ultimate Frisbee	<ol style="list-style-type: none">1. Throwing- backhand/forehand2. Catching3. Game Strategy4. Rules of Frisbee/ Safety
Soccer	<ol style="list-style-type: none">1. Dribbling2. Passing/ Receiving3. Throw ins4. Goaltending5. Team tactics6. Rules of soccer/ Safety
State Fitness Testing	<ol style="list-style-type: none">1. Mile run2. Curl ups3. Push ups4. Flexibility
<u>WINTER</u>	
Basketball	<ol style="list-style-type: none">1. Dribbling2. Shooting3. Passing4. Lay-ups5. Rules of basketball/ Safety

Handball	<ol style="list-style-type: none">1. Passing2. Catching3. Shooting4. Game Strategy5. Rules of Handball/ Safety
Fitness Center	<ol style="list-style-type: none">1. Proper weightlifting techniques2. Cardiovascular fitness machines/ Heart Rate3. Low climbing element4. Abdominal exercises5. Body Weight exercises6. Safety in the Fitness Center
Volleyball	<ol style="list-style-type: none">1. Forearm pass2. Set pass3. Spike4. Serve5. Rotation6. Scoring7. Rules of volleyball/ Safety
Floor Hockey	<ol style="list-style-type: none">1. Stick handling2. Passing3. Shooting4. Goaltending5. Team tactics/ positions6. Safety

<u>SPRING</u>	
Track and Field	<ol style="list-style-type: none">1. High Jump2. Hurdles3. Relays4. Shot Put5. Sprints6. History and Current events7. Safety
Lacrosse	<ol style="list-style-type: none">1. Throwing2. Catching3. Cradling4. Ground Balls5. Rules of Lacrosse/Safety
Softball	<ol style="list-style-type: none">1. Throwing2. Catching3. Ground balls/ Pop flies4. Batting5. Positions6. Rules of softball/ Safety