

CURRICULUM COURSE OUTLINE

Course Name(s): Physical Education

Grade(s): 6th – 8th

Department: Physical Education

Course Length: 1 Full Year for each grade

Pre-requisite: N/A

Textbook/Key Resource:

Teacher created materials will be used throughout the different units in physical education class.

Course Description:

6th, 7th, and 8th graders will participate in Physical Education every other day for the year. In Physical Education students will learn concepts and skills that will lead towards an appreciation for life-long activity and fitness. Each student will be fitness tested 3 times a year using certain components of the Fitness Gram. A base knowledge and practical experience will be gained by the students in individual, team and fitness activities. Students are expected to change for activities.

Standards:

- **Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- **Standard 3:** Participates regularly in physical activity.
- **Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.
- **Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- **Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit: Team Sports	Unit Length: 16 Weeks dispersed throughout the year
<p>Students will know:</p> <p>Students will understand basic concepts and rules on how to play a variety of team activities/sports.</p> <p>Activities may include: Flicker ball, volleyball, basketball, floor hockey, whiffle ball, kickball, indoor soccer, speedball, etc.</p>	<p>Students will be able to:</p> <p>Students will be able to perform the skills necessary to compete at a functional level. Students will show corporation, sportsmanship, and team work with their peers.</p>
Standard(s): 1:3:A1, A2; 1:3:B4; 2:3:A1, A4; 2:3:B1,B2, B3, B4; 3:3:A1, A2, A3; 3:3:B4; Standard 5 & 6	

Unit: Individual Sports	Unit Length: 12 Weeks dispersed
<p>Students will know:</p> <p>Students will understand tactics and skills needed to participate in a variety of individual sports.</p> <p>Activities may include: Paddle Tennis, tennis, badminton, bowling, ping pong, bag toss, track and field, etc.</p>	<p>Students will be able to:</p> <p>Students will develop striking and targeting skills in order to participate in a variety of individual sports.</p>
Standard(s): 1:3:A3; 1:3:B1, B2, B3; 2:3:A5, A6, A7; 2:3:B1, B3; Standard 5 & 6	

Unit: Fitness Components	Unit Length: Throughout the school year
<p>Students will know:</p> <p>Students will know how to set a personal and achievable goal. Students will participate in a variety of fitness activities and test.</p> <p>Components of the Fitness Gram will be included</p>	<p>Students will be able to:</p> <p>Students will be to improve their cardiovascular fitness, muscular endurance, strength, and flexibility.</p>
Standard(s): Standard 3 & 4	

Unit: Corporative Games	Unit Length: 4 Weeks
<p>Students will know:</p> <p>Students will play a variety of different games using unique rules.</p> <p>Games included: Capture the Flag, dodge ball, scatter ball, California mat ball, kickball, etc.</p>	<p>Students will be able to:</p> <p>Students will problem solve conflict and strategies.</p>
Standard(s): Standard 5 & 6	