

Curriculum Map: Middle School Phys Ed

Course: PHYSICAL EDUCATION Sub-topic: General

Grade(s): 6 to 8

Course Description: This course introduces students to the many physical activities that are available in school and adulthood. The students will become competent in physical fitness, motor skills, strategies for physical activities, sportsmanship, leadership, and participation skills. Through the development of these concepts, students will understand and appreciate the benefits of leading a healthy lifestyle.

Unit: Ultimate Frisbee

Unit Description: Ultimate Frisbee is an equalizer activity, meaning that very skilled individuals can play easily with less skilled individuals. The rules enforce teamwork, strategy, and self-control during the activity. Once the basic skills are learned, they are applied to the activity to ensure success during the unit.

Topic: Lesson 1.1: Basics of Throwing and Catching a Frisbee (Disc)

Minutes for Topic: 41

Topic: Lesson 1.2: Ultimate Frisbee Rules and Practice

Minutes for Topic: 41

Topic: Lesson 1.3: Ultimate Frisbee Gameplay

Minutes for Topic: 123

Unit: Two-Hand Touch Football

Topic: Lesson 2.1: Basics of Throwing and Catching

Minutes for Topic: 41

Topic: Lesson 2.2: Two-Hand Touch Introduction

Minutes for Topic: 41

Topic: Lesson 2.3: Two-Hand Touch Football Gameplay

Minutes for Topic: 123

Unit: Wiffle Ball

Topic: Lesson 3.1: Introduction to Wiffle Ball (with hitting practice)

Minutes for Topic: 41

Topic: Lesson 3.2: Wiffle Ball Gameplay

Minutes for Topic: 164

Unit: Soccer

Topic: Lesson 4.1: Passing, Trapping, and Shooting

Minutes for Topic: 41

Topic: Lesson 4.2: Introduction to Soccer

Minutes for Topic: 41

Topic: Lesson 4.3: Soccer Gameplay

Minutes for Topic: 123

Unit: Volleyball

Unit Description: The volleyball unit will enable students to demonstrate correct technique of the basic volleyball skills (forearm and overhead pass, dig, serve) while successfully participating in drills and organized volleyball games.

STANDARDS: STANDARDS

National: PE Standards - Physical Education (2013)

PE.4 (Advanced) The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 (Advanced) The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topic: Lesson 5.1: Introduction of Forearm and Overhead Passing

Minutes for Topic: 41

Topic: Lesson 5.2: Volleyball Rules

Topic: Lesson 5.3: Serving and Rotation

Minutes for Topic: 41

Topic: Lesson 5.4: Volleyball Game Play

Minutes for Topic: 82

Unit: Handball

Unit The Handball unit will enable students to demonstrate correct technique of the basic Handball skills (Serving, hitting, passing, spiking, rotating) while successfully participating in drills and organized games.

STANDARDS: STANDARDS

National: PE Standards - Physical Education (2013)

PE.4 (Advanced) The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 (Advanced) The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topic: Lesson 6.1: Handball Serving and Rules

Minutes for Topic: 41

Topic: Lesson 6.2: Game Play

Minutes for Topic: 82

Unit: Basketball

Unit The Basketball unit will enable students to demonstrate correct technique of the basic Basketball skills (dribbling, passing, shooting) while successfully participating in drills, leadup activities and organized games.

STANDARDS: STANDARDS

National: PE Standards - Physical Education (2013)

PE.4 (Advanced) The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 (Advanced) The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topic: Lesson 7.1: Introduction to Dribbling/Dribble Knockout

Minutes for Topic: 41

Topic: Lesson 7.2: Introduction to Shooting- BEEF and Shoe Partner Relay

Minutes for Topic: 41

Topic: Lesson 7.3: Passing/Defense- 1 vs 1 and 2 vs 2 Rollout

Minutes for Topic: 41

Topic: Lesson 7.4: Game Play and Knockout/HORSE

Minutes for Topic: 82

Unit: Speedball

Unit The Speedball unit will enable students to demonstrate correct technique of the basic Speedball skills (passing, dribbling, shooting, catching, converting) while successfully participating in drills and organized Speedball games.

STANDARDS: STANDARDS

National: PE Standards - Physical Education (2013)

PE.4 (Advanced) The physically literate individual exhibits responsible personal and social behavior that respects self and others.

PE.5 (Advanced)

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Topic: Lesson 8.1: Introduction to Conversions and Soccer Refresher

Minutes for Topic: 41

Topic: Lesson 8.2: Rules and Modified Games

Minutes for Topic: 41

Topic: Lesson 8.3: Game Play

Minutes for Topic: 82

Unit: Lifelong Fitness Activities

Topic: Lesson 9.1: Introduction to Life Long Fitness Activities

Minutes for Topic: 82

Topic: Lesson 9.2: Life Long Fitness Activities

Minutes for Topic: 82