

Middle School P.E. Curriculum

Curriculum Heading	District Curriculum Statement	Aligned State Standards	Teacher Resources	Performance Indicators
Recreational/ Leisure Studies	Student will demonstrate control when performing motor activities	19A3	P.E. equipment, <u>Dynamic Physical Education</u> text	Students will perform activities such as shooting free throws, pitching softball, kicking, catching, etc.
Recreational/ Leisure Studies	Students will compare and contrast efficient and inefficient movement patterns	19B3	P.E. equipment, <u>Dynamic Physical Education</u> text, teacher rubrics	Students will understand appropriate skills in serving and returning volleyballs, badminton, bowling, etc.
Teambuilding	Student will apply rules and safety procedures	19C3a	Climbing safety procedures, climbing equipment and other teambuilding experiences.	Students will follow and understand all safety regulations and equipment as in wall climbing. Students will apply the concepts of teambuilding in activities requiring more than one person.
Recreational studies	Students will apply basic strategies in selected activities	19C3b	P.E. equipment, various rule books,	Students will understand strategies used in a variety of sports. Students will be able to apply knowledge of the rules of a variety of sports including but not limited to softball, baseball, and tennis.
Fitness	Student will identify the principles of training (FITT)	20A3a	Health teacher text, Ad 72, Phys. Fitness Standards	Student will perform within the 50th percentile of National Physical Fitness Standards

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Personal Fitness	Student will participate in activities associated with health related fitness	20A3b	Health teacher text, F53;HA 52, Phys. Fitness Standards	Students will participate in National Phys. Fitness testing which covers the 5 components of health related fitness
Personal Fitness	Monitor intensity of exercise. Using variety of methods, with & without technology	20B3a	Health teacher text CLA 72, <i>Foundations of Pers. Fitness</i> book, heart rate monitors	Student will take heart rate before and after activities and understand how to achieve target heart rate. Students will use heart monitors to measure heart rate.
Personal Fitness	Students will evaluate the strengths and weakness of a personal fitness profile	20B3b	Health teacher text:Di38;JW38;TT81, Phys. Fitness Standards	Student will measure their performances against the national standards
Personal Fitness	Student will set realistic short and long term goals for health related fitness	20C3a	Student's performance on Fitness Tests, Phys. Fitness Standards	Student achieving the highest standards in physical fitness test. Then measure improvement later in the year
Recreational Opportunities	Students will identify opportunities for regular participation outside of school	20C3b	Local newspapers, park programs	Student will be able to predict, share and discuss opportunities for life long fitness.

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Fitness	Students will apply the principles of training as related to health fitness goals	20C3c	Health teacher text,C58;HSP68;JW38;TT 81	Students will perform the principles of fitness (FITT) Frequency intensity time and type
Collaboration/ Team Building	Students will follow directions and decisions of responsible persons	21A3a	Teacher's class rules, Peer leaders	Students will respond appropriately to the responsible leaders of the class or activity.
Participation	Students will participate in established procedures.	21A3b	School's grading scale, teacher's class rules, game rules, teacher text BC 80	Students will meet evaluation requirements in a group setting.
Participation	Student will remain on task.	21A3c	Student health text Chpt. 3 L#5, Student incentives	Students will ignore outside distractions while engaged in classroom activities.
PE Team Bldg / Cooperation	Students will work cooperatively with others	21B3	Health teacher text AD72;BC80, 92;DGC 9, Cooperative game books	Student will accomplish a set goal in both competitive and non-competitive activities.