

MIDDLE SCHOOL (5-8) PHYSICAL EDUCATION

"CURRICULUM GUIDES/CONCEPTS"

5-8 Programs of Instruction:

1.) **Skills/Concepts:** Students will demonstrate movement patterns and the movement skills needed to perform a variety of physical activities.

Examples of these skills/concepts would include: locomotor movements (exp. running, jumping, walking, and combined movement skills), movement forms (exp. body mechanics, hand/eye/foot coordination), offensive and defensive strategies.

Examples of Appropriate Activities/Equipment that promote skill development would include: cooperative learning games and team building activities which lead into individual, dual and team sports. Non-competitive lifetime physical education activities and multi-cultural dances.

2.) **Skills/Concepts:** Students will participate in lifetime leisure activities which provide enjoyment, challenge, self expression, and social interaction (including physical activity outside the school environment).

Examples of these skills/concepts would include; catching, striking, kicking, combined movement skills, throwing/tossing, ball handling, balancing, and fitness skills.

Examples of Appropriate Activities/Equipment that promote skill development would include: horseshoes, bicycling, bowling, dancing, golf, weight training, walking/hiking, aerobic routines, frisbee games, table tennis, Four Square, cup stacking, jump roping, hoola hoop activities, swimming, and modified team sports

3.) **Skills/Concepts:** Students can apply physical fitness concepts to achieve and maintain wellness/physical fitness.

Examples of these skills/concepts would include: cardiovascular fitness, muscular strength and endurance, flexibility, knowledge and application of the F.I.T.T. principal, knowledge and application of the Fitness Gram

Examples of Appropriate Activities/Equipment that promote skill development would include: Fitness Gram, personal data collection activities, individualized fitness programs, pedometer activities, weight training, cardio/aerobic routines/work outs, use of technology to analyze and access fitness level data (pedometers, heart rate monitors, calculators, calibrators, computer lab research, Fitness Gram software)

4.) **Skills/Concepts:** Students can demonstrate responsible personal and social behaviors while participating in a wellness environment.

Examples of these skills/concepts would include: conflict/mediation skills, goal setting, character education skills, decision making skills, communication skills, applying rules and safety procedures while participating in movement/wellness activities

Examples of Appropriate Activities/Equipment that promote skill development would include:
peer mediation, conflict resolution, modeling of expected behaviors during activities/lessons.
equal opportunities during team activities