

COURSE: Physical Education

Grade Level: Middle School-Prepared by Fleda Berschwinger and Matt Loatman

MAIN/ GENERAL TOPIC	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW:	WHAT THE STUDENT WILL BE ABLE TO DO:	Assessments:	WHEN STUDENT DOES IT:
Soccer	Dribbling, passing, goaltending, defensive strategy, offensive strategy	-What is a soccer player and what do they do -What is the result desired by a well conditioned soccer player	-Dribbling , passing , shooting , goal tending , positioning , offensive and defensive strategy , proper soccer rules	- Dribble a ball , accurately shoot a ball , play proper defense , and learn how to increase offensive production	- Skills test , oral quizzing , written test	-September
Cross- country	Physical fitness , conditioning , running technique	- How do runners prepare themselves to run a long distance race	-Proper stretching technique , proper running techniques , knowledge of how to properly follow a marked course	-Run the cross country course in a timely fashion	- Run a designed course within a certain time period -Written quiz on proper physical conditioning	-First two weeks in October
Football	Passing, punting, kicking, lead-up games	-What is a football player and what do they do -What is the result desired by a well conditioned football player	-Positions, passing, receiving, kicking, offensive and defensive strategy, proper football rules	- Pass and catch a football , play proper defense and offense, and learn how to increase offensive production	-Skills test , oral quizzing , written test	- Last two weeks in October
Field Hockey	Stick handling, passing, goaltending, defensive strategy, offensive strategy	- What is a field hockey player and what do they do -What is the result desired by a well conditioned field hockey player	-Stick handling, passing , goaltending, offensive and defensive strategy , proper field hockey rules	- Stickhandle a ball, accurately shoot a ball, play proper defense, and learn how to increase offensive production	- Skills test, oral quizzes, written test	-First two weeks in November
Volleyball	Bumping and setting circles, serving lines, spiking lines	-What is volleyball player and what do they do -What is the result desired by a well conditioned volleyball player	- Bumping, setting, underhand and overhand serve, spiking, proper formation and rules	- Demonstrate proper bumping, setting, spiking, and underhand/ overhand serving -Demonstrate proper positioning and rotation	-Skills test, oral quizzes, written test	-Last two weeks in November, First two weeks in December

Badminton	Long serves, short serves, smashes, drives	-What is a badminton player and what do they do -What is the result desired by a well conditioned badminton player	- how to hold the badminton racket, long serving, short serving, smashes, dink shots, singles and doubles play and rules	-Demonstrate proper serving techniques for long and short serves, demonstrate proper rotation and scorekeeping during play, good communication skills	-Skills test, oral quizzes, written tests	-Third week in December until Christmas Break
Basketball	Dribbling, Passing, Shooting, rebounding, 3 on 3 games, sideline basketball	-What is a basketball player and what do they do -What is the result desired by a well conditioned basketball player	- Students will demonstrate proper dribbling, passing, rebounding, shooting, pivoting and position play techniques - Students will know basketball rules, safety and team play concepts	-Perform dribbling, shooting, passing, rebounding, shooting, pivoting during play	-Skills test, oral quizzes, written tests	-First three weeks in January
Cross-Country Skiing		-What is a cross country skier and what do they do -What is the desired result by a well conditioned cross country skier	-proper techniques of cross country skiing, movement of skis and poles in unison for best results -safety wearing proper clothing for outside weather conditions -benefits of cross country skiing (lifetime sport)	-demonstrate proper skiing techniques		First three weeks in January
Floor Hockey	-Stick handling, passing, shooting, goaltending	-What is a floor hockey player and what do they do -What is the result desired by a well conditioned floor hockey player	-Students will demonstrate proper stick handling, passing, shooting, and goaltending techniques -Students will know basketball rules and safety techniques	- Students will perform proper stick handling, shooting, and goaltending skills and be able to improve defensive production	-Skills test, oral quizzes, written tests	-Fourth week in January until winter recess
Fitness	Weightlifting, aerobics, yoga, rope climbing, physical fitness testing	-What is a well conditioned person and what do they do -What is the result desired by a well conditioned individual	-Students will demonstrate proper weight lifting , stretching, and cardio-respiratory techniques - Students will demonstrate proper safety techniques while exercising	-Students will perform weight lifting exercises using free weights, aerobic routines, jump roping, and rope climbing techniques	-Physical fitness test	-Last week in February through March
Alternative games	- Speed ball, ultimate frisbee, scooter soccer, kickball, waffle ball	-What alternative activities can an individual participate in for exercise	-Students will demonstrate motor skills learned throughout the year -Students will learn to work in teams	- Students will perform motor skills learned in related sports and activities	- Skills test, oral quizzes, written tests	-First two weeks in April
Lacrosse	-Stick handling, cradling, shooting, offensive and defensive strategy	-What is a well conditioned lacrosse player and what do they do -What is the result desired by a well conditioned lacrosse player	-Students will demonstrate proper stick handling, shooting, and goaltending techniques -Students will know lacrosse rules and safety techniques	-Perform cradling, stick handling, shooting and goaltending skills	-Skills test, oral quizzes, written tests	-Last two weeks in April

Track and Field	-Relays, sprints, hurdles, shot put, discs	-What is a well conditioned track and field athlete and what do they do -What is the result desired by a well conditioned track and field athlete	-Students will demonstrate proper running and throwing techniques which are associated with track and field -Students will know track and field rules and safety techniques	-Participate in the fifty yard dash, relays , and shoot put and disc events	-Skills test , oral quizzes, written tests	-First three weeks in May
Softball	-Throwing, catching, hitting, fielding	-What is a well conditioned softball player and what do they do -What is the result desired by a well conditioned softball player	-Students will demonstrate proper throwing, catching, hitting and fielding techniques -Students will know softball rules and safety techniques	-Perform throwing, catching, hitting and fielding skills	-Skills test , oral quizzes, written tests	-Last week in May until the end of the year