

Middle School, Junior High - Physical Education

Rationale: The primary purpose of physical education is to develop in young people an understanding of the positive impact an active lifestyle will have on their lives. The physical education classroom also provides a unique learning environment where affective, psychomotor and cognitive skills can be developed. Also fostered are good health practices, good sportsmanship, self-control and self-expression. It is our ultimate goal to produce students who will possess the skills necessary to develop lives that are models of wellness. Research clearly shows that the active healthy child is more likely to be academically motivated and establish habits of behavior that will promote lives at that are models of wellness.

Course Description: Physical education classes at the middle and junior high level will stress individual skill development, cooperation through team play, and developing and maintaining personal fitness levels. Physical education promotes individual development physically, emotionally, socially and mentally through a variety of team, dual, individual sports and fitness activities. This course will encourage the development of positive attitudes toward physical activity and fitness, increase fitness knowledge, increase participation in physical activity and lead to better individual health.

Content: Archery

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
Identify and name parts of the bow and arrow.			
	Demonstrate safety procedures.		
	Demonstrate correct stance.		
	Demonstrate correct procedure for: nock the arrow finger placement drawing back the bow string aiming and shooting the arrow.		
	Demonstrate safe procedures when retrieving arrows.		

Content: Badminton

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
Identify knowledge of history, rules and etiquette.			
	Demonstrate proper shake hands grip.		
	Demonstrate proper technique of the following strokes: Serve Drop Overhead clear Smash		
	Demonstrate knowledge of scoring and rotation of badminton		

Content: Basketball

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate the difference between speed and control dribbles.		
	Demonstrate correct procedure on the following passes: Chest Bounce Overhead		
	Demonstrate and perform in a game a variety of shots and rebounding including lay ups, set shot and jump shots.		
	Demonstrate an increased level of competence in skill techniques, scoring and safety practices in basketball.		

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate an understanding of basketball rules: Traveling Double dribble Fouls Out of bounds Over and back		

Content: Dance

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Perform the rhythmic pattern required for the dance.		
	Demonstrate appropriate social behaviors a. willing to participate b. No criticism of others.		

Content: Disc Golf

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
Summarize the history, rules, terminology, scoring and etiquette in disc golf.			
	Identify and apply rules of play, skill techniques and basic game strategies for disc golf.		
	Consistently demonstrate skill competency in disc golf.		

Content: Fitness

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
		Interpret personal health-related fitness assessments and determine which fitness components need improvement.	
		Analyze activities to determine whether they promote health-related fitness.	
	Improve personal health-related fitness a. cardio-respiratory endurance b. upper body strength c. abdominal muscular endurance d. flexibility		
Identify activities that develop skill-related fitness a. agility b. balance c. coordination d. reaction time e. speed f. power			

Content: Football

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate correct technique on the following skills: a. spiral pass b. center (hike) c. catch d. punt		
Identify the following positions: a. quarter-back b. wide receiver c. center d. running back			

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
		Design basic game strategy by setting up a simple offensive play.	
	Demonstrate an increased level of competence in skill techniques, scoring and safety practices.		

Content: Golf

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate correct technique: a. addressing the ball b. swing c. contact d. follow through		
	Apply terminology, scoring, etiquette, game rules and safety principles for golf.		

Content: Recreational Games

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate an intermediate level of competence in a variety of recreational games.		
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for recreational games.		
	Apply basic offensive and defensive strategies in a modified game setting.		

Content: Roller skating

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate safety principles for Roller Skating		
	Demonstrate an intermediate level of competence in the following techniques during free skate: a. standing up w/skates on b. falling c. stroke & glide d. stop e. corner cross-over step f. backwards		

Content: Soccer

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Develop an appreciation of soccer as a participant and spectator.		
	Develop skill-related and fitness-related components through soccer.		
	Demonstrate good sportsmanship through team play.		
	Demonstrate an intermediate level of competence in the following soccer techniques: a. dribbling b. passing c. receiving d. shooting		

Content: Softball

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate an intermediate level of competence in the following softball techniques a. over-hand throw b. under-hand throw c. catch and field a fly and ground ball d. run bases e. hit a pitched ball		
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for softball.		

Content: Stunts & Tumbling

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate an increased level of competency in stunts and tumbling.		
	Apply skill techniques and safety practices in stunts and tumbling.		
	Develop skill-related and fitness-related components through stunts & tumbling.		
	Create simple rhythmic routines using fundamental movement skills.		

Content: Team Handball

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Develop skill-related and fitness-related components through team handball.		
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for team handball.		
	Demonstrate good sportsmanship through team play.		
	Demonstrate an intermediate level of competence in the following team handball techniques: a. catching b. throwing c. dribbling d. shooting e. goal scoring f. goal keeping		
		Recognize team handball as a lifetime activity developing fitness and skill related components.	

Content: Tennis

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Develop skill-related and fitness-related components through tennis.		
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for tennis.		

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate good sportsmanship through team play.		
	Demonstrate an intermediate level of competence in the following tennis techniques: a. forehand b. backhand c. serve		
		Recognize tennis as a lifetime activity developing fitness and skill related components.	

Content: Track & Field

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Develop skill-related and fitness-related components through track and field.		
	Describe how a track meet is conducted; scoring, officiating and participation rules.		
	Demonstrate an intermediate level of competence in the following track & field techniques: a. sprint start b. sprinting c. hurdling d. long, triple and high jump e. relay exchange with baton f. shot put g. discus		

Content: Ultimate Frisbee

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Develop skill-related and fitness-related components through ultimate Frisbee.		
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for ultimate Frisbee.		
	Demonstrate good sportsmanship through team play.		
	Demonstrate an intermediate level of competence in the following Frisbee techniques: a. catching b. throwing		
		Recognize ultimate Frisbee as a lifetime activity developing fitness and skill related components.	

Content: Volleyball

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules for volleyball.		
	Demonstrate good sportsmanship through team play.		

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate an intermediate level of competence in the following volleyball techniques: a. underhand serve b. forearm pass c. overhead pass d. overhead serve		

Content: Walking

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
		Recognize walking as a lifetime activity developing fitness-related components.	
Identify walking as an activity to help reduce and manage stress.			
		Explain how walking improves the circulatory, respiratory, muscular and skeletal systems.	
	Calculate target heart rate.		
Operate a pedometer			

Content: Weight Training

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate safety techniques in weight lifting.		
	Demonstrate proper use of weight equipment.		

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Demonstrate an increased level of competence in a variety of weight lifting techniques.		
	Explain how weight training improves the muscular and skeletal systems.		
Identify the FITT principle. Frequency, intensity, time and type.			
		Understand the importance of maintaining a healthy lifestyle.	
		Analyze benefits of different weight programs	

Content: Skills & Sportsmanship

Measurable Learner Objectives:

Recall Level 1 (Basic Knowledge)	Application Level 2 (Skills)	Strategic Thinking Level 3 (Reasoning)	Extended Thinking Level 4 (Products/Performance)
	Apply terminology, scoring, etiquette, player position and equipment, safety principles and game rules in a variety of recreational, individual, dual and team activities.		
	Develop skill-related and fitness-related components through soccer.		
	Demonstrate good sportsmanship through interaction with others.		
	Demonstrate an intermediate level of skill competence in a variety of recreational, individual, dual and team activities.		
	Apply basic offensive and defensive strategies in a modified game setting.		