Milton Public Schools Pierce Middle School

Physical Education/Wellness Curriculum Map

Month	Unit/Content	Standards/Benchmarks	Skills/Activities	Assessment	Essential Questions
	functions and syste Physical Activ and non-loco motor physiology, and wil Interpersonal experience and the	relopment Students will learn the basic characters throughout the life cycle, and will acquire skills ity & Fitness Students will, by repeated praction movement skills, and will utilize principles of training apply the concept of wellness to their lives. Relationships Students will learn that relation factors that contribute to healthy interpersonal relations more fulfilling through commitment and communications.	to promote and maintain positive growt ice, acquire and refine a variety of mani ing and conditioning, will learn biomecha onships with others are an integral part of ationships, and will acquire skills to enha	th and development. pulative, loco motor, anics and exercise of the human life	
September	Olympic Events	 1.7 Explain the function of human body systems and how body systems work together 1.8 Describe the influence of health habits on growth and development 2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness 	50 Meter Dash Softball Throw Long Jump Hurdles Mile Run Discus	Competition with self!	
	1 Mile Run Cardiovascular Endurance Assessment	2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness	Mile run Passing Trapping	Norms from President's Council for Physical Fitness (Presidential, National,	How can you use the information gained from the fitness test to improve your level of fitness?
		2.16 Describe the purpose and benefits of sports, games, and dance in modern society	Dribbling Shooting Goalie Skills	Participant	

October	Football	14.4 Identify how individuals can be knowledgeable and active in the school and community to promote health U12.6 Describe how allowing time for healthy activities (such as exercise, preparing nutritious meals, getting adequate sleep) can improve health 2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others 2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency 2.10 Perform a rhythm routine that	Passing Receiving Positions Offense/Defense Rules Plays/Downs	Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort	Why is soccer a sport that can be played by children and adults?
		combines traveling, rolling, balancing, and weight transfer into smooth flowing sequences with intentional changes in direction, speed, and flow 2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance		Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort	What is the relationship between defense and an offense's ability to score?
October	Football	2.8 use combinations of manipulative, locomotor, and non-locomotor skills to	Passing Receiving Positions	Skill Analysis Worksheet, Peer evaluation	What is the relationship between defense

		develop movement sequences and patterns, both individually and with others 2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency	Offense/Defense Rules Plays/Downs	worksheet, Participation, Effort	and an offense's ability to score?
November	Football (cont.)	 2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others 2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency 2.10 Perform a rhythm routine that combines traveling, rolling, balancing, and weight transfer into smooth flowing sequences with intentional 	Passing Receiving Positions Offense/Defense Rules Plays/Downs	Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort	What is the relationship between defense and an offense's ability to score?

		changes in direction, speed, and flow 2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance 2.16 Describe the purpose and benefits of sports, games, and dance in modern society			
November	Speed Ball Team Handball	 2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others 2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency 2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with 	Passing, dribbling, shooting (basketball and soccer style) Goalie skills Passing, dribbling, shooting (basketball and soccer style)	Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort Skill Analysis Worksheet.	What style of play do you believe was most popular with your teammates and why?
	Team Handball		Passing, dribbling, shooting (basketball and soccer style)	Skill Analysis Worksheet, Peer evaluation	

		2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency	Goalie skills	worksheet, Participation, Effort	
	Fitness Testing Sit & reach Push-up Curl-up Body Composition	2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness	Fitnessgram	Fitnessgram norms	Difference btwn. Muscle strength and muscle endurance.
December	Cooperative Games	2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance 2.8 use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others 2.9 Demonstrate developmentally	Passing, receiving, dodging, levels, speed, direction	Debriefing	What strategies could your team use to eliminate other teams?
		appropriate basic manipulative and advanced specialized physical skills,			

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	including throwing and catching		
	different objects with both accuracy		
	and force, hand and foot dribbling		
	while preventing an opponent from		
	challenging, and accurate striking		
	proficiency		
	2.15 Demonstrate strategies for inclusion		
	of all students in physical activity		
	settings related to strength and speed		
	2.8 use combinations of manipulative,		
	locomotor, and non-locomotor skills to		
	develop movement sequences and		
Floor Hockey	patterns, both individually and with others		
	2.9 Demonstrate developmentally		
	appropriate basic manipulative and		
	advanced specialized physical skills,		
	including throwing and catching different		
	objects with both accuracy and force, hand		
	and foot dribbling while preventing an		
	opponent from challenging, and accurate		
	striking proficiency		
	2.18 Demonstrate activities for warming		
	up and cooling down before and after		
	aerobic exercise		
	2.14 Apply advanced movement concepts		
	and beginning game strategies to		
	guide and improve individual and team		
	performance		
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	2.14 Apply advanced movement concepts		
	and beginning game strategies to		
	guide and improve individual and team		
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Fitness Friday (Adventure Fitness, Team Marathon,	performance 2.15 Demonstrate strategies for inclusion of all students in physical activity settings related to strength and speed	Completion of team challenges Surveys (written)	What was key to the success of the
Teamwork Thursday	2.4 Identify physical and psychological changes that result from participation in a variety of physical activities 2.5 Explain the benefits of physical fitness to good health and increased active lifestyle 2.6 Identify the major behaviors that contribute to wellness (exercise, nutrition, hygiene, rest, and recreation, refraining from using tobacco, alcohol, and other substances)	Debriefing	group? What are the signs of a good cardiovascular workout?
	Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness		
	2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension		
	Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness		
	2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise 2.20 Demonstrate exercises in strength		

		training, cardiovascular activities, and			
		flexibility training			
		2.21 Identify the components of physical			
		fitness and the factors involved in			
		planning and evaluating fitness			
		programs for individuals at different			
		stages of the life cycle			
		2.22 Conduct a personally developed			
		physical activity program			
		2.23 Meet developmentally appropriate			
		health-related fitness benchmarks			
	(Scoliosis Screening)			0 1 6	NA/I . W . "
January	Project Adventure	2.14 Apply advanced movement concepts	Cooperation, strategizing, inclusion	Completion of team	Who is a "winner" in cooperative
& February	Cooperative	and beginning game strategies to	All-Aboard	challenges	challenges?
	Activities	guide and improve individual and team	Mr. Green's Island	Surveys	What was key to
		performance	Bagel Man	(written)	the success of the
		2.15 Demonstrate strategies for inclusion	Obstacle Course	Debriefing	group?
		of all students in physical activity	Triangle tag Chicken Baseball		What are the physical signs of
		settings related to strength and speed	River Crossing		a good muscular
		2.18 Demonstrate activities for warming	Monarch		workout?

		up and cooling down before and after aerobic exercise	Shipwreck Human Knot	What muscles need to be
		In teams, students identify and try various ways for players of different abilities to participate fully 7.5 Apply attentive listening, feedback, and assertiveness skills to enhance positive interpersonal communication Students participate in an adventure activity in which they must work together to accomplish a group goal. At completion, based upon observations and student performance,	Turn a new leaf Foot Pass Asteroids Asteroids Paul's Balls Spider's Web Queally's Islands of Adventure	flexible for you to play(human knot, chicken baseball, turn a new leaf, etc.?)
		2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others		
March/April	Basketball	 2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency 2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and 	Dribbling drills Dribble tag Lay-up drills Free throw shooting Shots-in-a-minute Knock-out Passing drills Small sided games	

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		emotional tension		
		2.14 Apply advanced movement concepts		
		and beginning game strategies to guide and improve individual and team		
		performance		
		2.27: Define the functions of leadership in		
		team sports (increasing motivation,		
March	Strength	efficiency, and satisfaction)	Introduction/Review:	
MaiCii	Training and	2.4 Identify physical and psychological	Safety rules, proper form	
	Cardiovascular	changes that result from participation	and use of all equipment	
	Fitness	in a variety of physical activities	Circuit training (Nautilus	
		2.5 Explain the benefits of physical fitness	Room)	
		to good health and increased active	Interval training (Cardio Room)	
		lifestyle	Fitness Testing	
		2.6 Identify the major behaviors that	Components of Fitness	
		contribute to wellness (exercise,		
		nutrition, hygiene, rest, and recreation,		
		refraining from using tobacco, alcohol,		
		and other substances)		
		2.11 Apply basic principles of training and		
		appropriate guidelines of exercise to		
		improve immediate and long-term		
		physical fitness		
		2.12 Participate in activities that promote		
		physical fitness, decrease sedentary		
		lifestyle, and relieve mental and		
		emotional tension		
		2.13 Explain the personal benefits of		
		making positive health decisions and		
		monitor progress towards personal		
		wellness		

Badminton	 2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise 2.20 Demonstrate exercises in strength training, cardiovascular activities, and flexibility training 2.21 Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle 2.22 Conduct a personally developed physical activity program 2.23 Meet developmentally appropriate health-related fitness benchmarks 2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension 2.17 Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastics) 2.18 Demonstrate activities for warming up and cooling down before and after aerobic exercise 	Introduction/Review Forehand Backhand Drop shot Lob shot Serve Boundaries Scoring			
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April / May	Tennis	2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension 2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness 2.14 Apply advanced movement concepts and beginning game strategies to guide and improve individual and team performance	Serving Volleying Scoring Singles/Doubles	Skill Analysis Worksheet, Peer Evaluation Worksheet	Improvement in which Fitness Tests will provide the most benefit to one's tennis game?
June	Ultimate Frisbee	2.8 Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others 2.9 Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, and accurate striking proficiency	Passing -traditional, modified, hammer throw Strategizing, team play	Skill Analysis Worksheet, Peer evaluation worksheet, Participation, Effort	What skills from U.F. are used in sports we have played or will play?