

WALDWICK SCHOOL DISTRICT

Administrative Offices
155 Summit Avenue
Waldwick, NJ 07463



Physical Education Curriculum Guide

Middle School 6th-8th

Adoption Date: August 15, 2022

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Physical Education Curriculum- Middle School 6th-8th

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COURSE DESCRIPTION

The Mission of the 6-8 Health and Physical Education program is to provide each student the opportunity for maximum intellectual, physical, social and emotional development. This course encompasses a wide array of physical, mental and cooperative activities that allow students to experience and apply fundamental skills and concepts, as well as fostering a lifelong commitment to health and wellness. It is our hope that each student will develop into a health educated and socially responsible life-long learner. Our students will have a foundation for an active, healthy and productive life, which will enable them to be a contributing member of society.

The units include Movement Skills and Concepts, Physical Fitness, and LifeLong Fitness.

In addition to content-based knowledge and skills, this curriculum integrates the skills, knowledge, and expertise of Career Awareness, Exploration, Preparation, and Training. Career readiness, life literacies, and key skills education, when used in combination with standards-based content, ensures that students are prepared for success in today's challenging environment. In this course, students will examine the relationships of the past to the present, solve challenging, authentic problems, accept the responsibility of supporting a group by improving their own skill sets, identify interdisciplinary connections, utilize technology to solve problems, etc.

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PACING GUIDE

Unit Number	Unit Title	Suggested Timeframe
1	Movement Skills and Concepts	50 lessons
2	Physical Fitness	30 lessons
3	LifeLong Fitness	50 lessons
Flexible Days	Days spent on state assessment testing and reviews/assemblies/severe weather days	5 lessons

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Unit 1: Movement Skills and Concepts	Pacing Guide: 50 lessons	Standards:
<p>Essential Questions:</p> <ul style="list-style-type: none"> • How do you utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle? • Why does performing movement skills in a technically correct manner improve overall performance? • Why do I have to understand concepts of movement when I can already perform the movement? • To what extent does strategy influence performance in competitive games and activities? • Why do I have to show good sportsmanship and follow the rules when others do not? • How do I develop an appropriate personal fitness program and find the motivation to commit to it? 	<p>Enduring Understandings:</p> <ul style="list-style-type: none"> • Movements in team sports are not isolated, but are done in connection with other movements • Body awareness is important in all sports and fitness • Performing movement and skills in a technically correct manner which improves overall performance and increases the likelihood of participation in lifelong physical activity. • Knowing and understanding concepts of movement will improve performance in specific skills and provide the foundation for transfer of skills in a variety of sports and activities. • Implementing effective offensive, defensive and cooperative strategies necessary for all players to be successful in game situations. 	<p>2.2.8.MSC.1 2.2.8.MSC.2 2.2.8.MSC.3 2.2.8.MSC.4 2.2.8.MSC.5 2.2.8.MSC.6 2.2.8.MSC.7</p>
<p>Summative Assessment</p> <ul style="list-style-type: none"> ✓ Team Sports Unit Test ✓ Movement Assessment 		
<p>Formative Assessments</p> <ul style="list-style-type: none"> • Preparation • Participation • Sportsmanship • Creativity • Teacher Observation 		<p>Materials</p> <ul style="list-style-type: none"> • Football / Flags • Volleyballs & Net • Speedballs • Basketballs • Soccer Balls • Hockey Sticks • Puck/small ball • Softball gloves & bats

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Suggested Activities:	Differentiation for Diverse Learners	
<ul style="list-style-type: none"> ● Soccer <ul style="list-style-type: none"> ○ Soccer skills include dribbling, passing, receiving, scoring, strategy, defense, and offense ○ Transitioning from offense to defense in soccer is important in gameplay ● Flag Football <ul style="list-style-type: none"> ○ Football skills include throwing, catching, agility, strategy, defense, and offense ○ There are many different positions in football ○ It is important to utilize the procedures and safety rules of flag football ● Volleyball <ul style="list-style-type: none"> ○ Volleyball is a lifetime sport and can be played in various settings throughout their lives. ○ Mastery of the three basic skills of bump, set, and serve will allow them to enjoy team play in volleyball. ○ Following a proper rotation for service is an indication of fair play. ○ Application of passing in a game can increase the level of play ● Speedball/Team Handball <ul style="list-style-type: none"> ○ Activity where you use basketball, baseball, and soccer skills to throw or kick a ball into the goal. ○ You play defense like basketball and soccer and the field is the gym. ○ Spacing is important in movement of the game. ● Basketball <ul style="list-style-type: none"> ○ Ball control is essential in gameplay ○ When using the proper technique in shooting, the accuracy of the shot will greatly improve. ○ Basketball requires the inclusion of all players to determine a successful outcome. ○ Team play and strategy plays an important role in the game of basketball. ● Floor Hockey <ul style="list-style-type: none"> ○ Activity is to build hand eye coordination while passing and moving with a stick. ○ The object of the game is to work with your teammates by passing and moving to score a goal. ● Softball <ul style="list-style-type: none"> ○ Learning the rules of softball to better understand baseball and kickball. ○ Effective communication is key when playing the field. ○ Base running skills are important in the flow of 	<p>Special Education/504:</p> <ul style="list-style-type: none"> -Provide copies of notes and presentation -Provide excerpts of primary source documents instead of full documents. -Provide students with essential vocabulary -Re-teaching and review -Graphic organizers -Scaffolding of assignments -Guided questions and note taking. -Provide an Outline for writing assignments 	
		<p>ELL:</p> <ul style="list-style-type: none"> -Use simplified text and summaries of content. -Use art visuals for students to respond to instead of text. -Provide copies of notes
		<p>At-Risk:</p> <ul style="list-style-type: none"> -Provide copies of presentations and notes. -Extended time on assignments

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<p style="text-align: center;">the game.</p> <ul style="list-style-type: none">● Mat Kickball<ul style="list-style-type: none">○ Modified game of kickball to play in the gym.○ Students run, throw, and catch	
<p>Suggested Materials</p> <ul style="list-style-type: none">● Game Rule Books	<p>Suggested Websites:</p> <ul style="list-style-type: none">● PE Middle School Lessons● Open Phys Ed Lessons - Middle School● For Teachers By Teachers - MS PE● Video MS PE Lessons
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none">➤ RST.6-8.1, RST.6-8.7➤ WHST.6-8.2, WHST.6-8.4➤ 8.2.8.NT.1, 8.2.8.NT.4➤ 9.4.8.CT.2, 9.4.8.DC.1	

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Unit 2: Physical Fitness	Pacing Guide: 30 lessons	Standards
<p>Essential Questions:</p> <ul style="list-style-type: none"> ● What is an example of an exercise for cardiovascular endurance? ● How many minutes of cardiovascular exercise should be done each day for a healthy lifestyle? ● What are examples of exercises for each of the four movement components of fitness? ● What are the health benefits of improved cardiovascular endurance? ● How do you improve your physical fitness level? ● What are the components of physical fitness? 	<p>Enduring Understandings:</p> <ul style="list-style-type: none"> ● Fitness is an ongoing process. ● There are five components of fitness that they will define, practice identifying, learn specific exercises for and apply to their own fitness planning throughout the course of this school year. ● Different exercises are performed to increase the level of each component of fitness. ● 60 Minutes of cardiovascular exercise per day is the recommended amount by the CDC. ● The health benefits of cardiovascular exercise include decreased risk for heart disease and diabetes. ● Staying physically active throughout life will assist in a healthy physical, emotion, and mental state. 	<p>2.2.8.PF.1 2.2.8.PF.2 2.2.8.PF.3 2.2.8.PF.4 2.2.8.PF.5</p>
<p>Summative Assessment</p> <ul style="list-style-type: none"> ✓ Personal Workout Plan ✓ Fitness Assessments ✓ Self assessment (Goal Oriented) 		
<p>Formative Assessments</p> <ul style="list-style-type: none"> ● Preparation ● Participation ● Sportsmanship ● Creativity ● Teacher Observation 		<p>Materials</p> <ul style="list-style-type: none"> ● Badminton Rackets ● Birdies ● Pickleball Paddles ● Pickleballs ● Tennis Rackets ● Free Weights ● Ladder Ball ● Yoga Mats

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<p>Suggested Activities:</p> <ul style="list-style-type: none"> ● Cardiovascular endurance <ul style="list-style-type: none"> ○ Distance runs, jump roping, fitness stations, tag games, pacer ● Muscular strength <ul style="list-style-type: none"> ○ Push-ups, crunches, pull-ups/flexed arm hang, planking, plyometrics ● Muscular endurance <ul style="list-style-type: none"> ○ Fitness stations incorporating muscular strength exercises, repetition of any muscular strength exercises ● Flexibility ● Racket games - Tennis / Pickleball / Badminton ● Strength Training - Body weight activities ● Dance - teacher led lessons ● Track & Field - Training on the field ● Jogging - cardio activities ● Fitness Testing 	<p style="text-align: center;">Differentiation for Diverse Learners</p> <p>Special Education/504:</p> <ul style="list-style-type: none"> -Provide copies of notes and presentation -Provide excerpts of primary source documents instead of full documents. -Provide students with essential vocabulary -Re-teaching and review -Graphic organizers -Scaffolding of assignments -Guided questions and note taking. -Provide an Outline for writing assignments <p>ELL:</p> <ul style="list-style-type: none"> -Use simplified text and summaries of content. -Use art visuals for students to respond to instead of text. -Provide copies of notes <p>At-Risk:</p> <ul style="list-style-type: none"> -Provide copies of presentations and notes. -Extended time on assignments
<p>Suggested Materials</p> <ul style="list-style-type: none"> ● Heart Monitor ● Step Counter ● Fitness Records 	<p>Suggested Websites:</p> <ul style="list-style-type: none"> ● Kids Health - Fitness ● https://www.pecentral.org/lessonideas/searchresults.asp?category=190 ● Share My Lesson - Fitness ● https://www.teacher.org/lesson-plans/p-e/ ● PLT4M - Middle School Lessons ● PLT4M Videos ● Darbee
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none"> ➤ RST.6-8.1, RST.6-8.7 ➤ WHST.6-8.2, WHST.6-8.4 ➤ 8.2.8.ITH.1, 8.2.8.ITH.2 ➤ 9.4.8.CT.2, 9.4.5.TL.1 	

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Unit 3: Lifelong Fitness & Nutrition	Pacing Guide: 50 lessons	Standards
<p>Essential Questions:</p> <ul style="list-style-type: none"> • How do we practice health enhancing behaviors throughout our lifetime? • Why is it important to set a goal for a healthy future? • How do we become advocates for personal, family and community health? • Where do I go to access information about good health and fitness services? • How do you realize age-appropriate fitness? • How do eating choices affect our overall wellness? • How do we develop body image? • What role does media play in our body image? • What are food allergies and what dangers do they present? • What are anorexia and bulimia? What are the underlying causes? Why are these diseases life threatening? Is there a cure? • How do you determine appropriate portion sizes? 	<p>Enduring Understandings</p> <ul style="list-style-type: none"> • Taking responsibility for one's own health as an essential step towards developing and maintaining a healthy, active lifestyle • There are numerous health and fitness programs available that provide a variety of services. Not all are created equal. • Research has shown menus, fast food nutrition displays, nutrition labels, and the design of supermarkets help identify poor nutritional choices • There are many short and long term health benefits and risks associated with nutritional choices. • Anorexia and bulimia are life threatening disorders the onset of which is often in our young years • There are criteria to understanding what makes a food healthy • Determining appropriate variety and portion sizes is critical. 	<p>2.2.8.LF.1 2.2.8.LF.2 2.2.8.LF.3 2.2.8.LF.4 2.2.8.LF.5 2.2.8.LF.6 2.2.8.LF.7 2.2.8.N.1 2.2.8.N.2 2.2.8.N.3 2.2.8.N.4</p>
<p>Summative Assessment</p> <ul style="list-style-type: none"> ✓ Create a Health Meal Plan ✓ Nutritional Assessment ✓ Self Goal - Healthy Future Unit Assessment 		
<p>Formative Assessments</p> <ul style="list-style-type: none"> • Preparation • Participation 		<p>Materials</p> <ul style="list-style-type: none"> • Yoga Mats

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<ul style="list-style-type: none"> ● Sportsmanship ● Creativity ● Teacher Observation 	
<p>Suggested Activities:</p> <ul style="list-style-type: none"> ● Fitness Stations <ul style="list-style-type: none"> ○ Incorporate muscular strength exercises, repetition of any muscular strength exercises ● Yoga <ul style="list-style-type: none"> ○ Beginning yoga techniques is to create strength, increase flexibility, endurance and balance. ● Cardiovascular Fitness: Target Heart Rate (Walking vs. Power Walking vs. Jogging vs. Running) <ul style="list-style-type: none"> ○ These lifelong activities are to teach the health benefits of running. Students will also learn how to take their heart rate as well as the difference between resting heart rate and max heart rate. ● Plyometrics/dynamics <ul style="list-style-type: none"> ○ Beginning plyometrics is to add jump training to lifelong fitness and increase your vertical jump, speed and strength. ● Nutrition/Sports Nutrition <ul style="list-style-type: none"> ○ Gain an understanding of how important nutrition and understanding nutrition facts are to your overall health and well being. ○ Health eating habits and foods. ○ Compare food choices based on nutritional content and value, calories, and cost. ○ Create a journal to record daily healthy food intake ○ Analyze nutritional information on food packages and labels ○ Share a nutrition current event ● Tag Games <ul style="list-style-type: none"> ○ Tag Games for PE 	<p>Differentiation for Diverse Learners</p>
	<p>Special Education/504:</p> <ul style="list-style-type: none"> -Provide copies of notes and presentation -Provide excerpts of primary source documents instead of full documents. -Provide students with essential vocabulary -Re-teaching and review -Graphic organizers -Scaffolding of assignments -Guided questions and note taking. -Provide an Outline for writing assignments
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	<p>At-Risk:</p> <ul style="list-style-type: none"> -Provide copies of presentations and notes. -Extended time on assignments
<p>Suggested Materials</p> <ul style="list-style-type: none"> ● Meal Log 	<p>Suggested Websites</p> <ul style="list-style-type: none"> ● Nutrition Middle School Lessons ● https://www.myplate.gov/ ● Teaching Lifetime Fitness and Wellness
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none"> ➤ RST.6-8.1, RST.6-8.7 ➤ WHST.6-8.2, WHST.6-8.4 ➤ 8.2.8.ED.2, 8.2.8.ED.3 ➤ 9.4.8.GCA.1, 9.4.8.GCA.2, 9.4.8.IML.1, 9.4.8.IML.2 	

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