

Orange Unified School District
PHYSICAL EDUCATION - MIDDLE SCHOOL
Two Year Course

GRADE LEVEL: 7-8

PREREQUISITES: State required subject for all middle school students

INTRODUCTION TO THE SUBJECT:

The physical education program is designed to provide an opportunity for every middle school student to become a physically educated student. A physically educated student has learned the skills necessary to perform a variety of physical activities, is physically fit, participates regularly in physical activity and demonstrates responsible personal and social behavior. This person knows the value of physical activity and its contributions to a healthy, enjoyable lifestyle.

COURSE OBJECTIVES:

BY THE END OF THE COURSE THE STUDENT WILL BE ABLE TO:

Demonstrate competency in some and proficiency in a few movement forms.

Apply movement concepts and principles to the learning and development of motor skills.

Achieve and maintain a high level of physical fitness.

Understand the need to be involved in physical activity on a regular basis.

Exhibit age appropriate personal and social behavior while practicing tolerance and respect for individual differences among people in physical activities.

Understand the need for lifelong fitness and its impact on longevity.

7th GRADE PHYSICAL EDUCATION STANDARDS:

1. Puts into practice the correct technique for using locomotor; non-locomotor and manipulative skills in appropriate risk-taking activities.
2. Sets goals and monitors change in the development of movement skills in order to improve performance.

3. Creates an individual or dual game with scoring options.
4. Assesses personal fitness, compares scores to health-related standards, sets goals for improvement or maintenance, and designs a one-week personal fitness plan.
5. Participates daily in some form of physical activity, including new and appropriate risk-taking activities.
6. Applies problem-solving techniques in physical activity settings.
7. Understands the role of movement-related activities and physical education during the Medieval Times and their influence on physical activities today.
8. Describes personal patterns necessary to promote a healthy life by understanding the effects of exercise, proper nutrition and the course of disease on longevity.

8th GRADE PHYSICAL EDUCATION STANDARDS:

1. Puts into practice the correct technique for using locomotor, non-locomotor and manipulative skills in a variety of team-related activities.
2. Sets goals and monitors change in the development of movement skills in order to improve performance.
3. Creates a team game with scoring options.
4. Assesses personal fitness, compares scores to health-related standards, sets goals for improvement or maintenance and refines a one week personal fitness plan and implements that plan.
5. Sets personal goals for daily participation and assessment of progress in some form of physical activity including team and/or group activities.
6. Collaboratively solves problems in a physical activity setting.
7. Sees the correlation in the growth in height and weight and the effects on the mechanics of performance.
8. Explores the role of movement-related activities and physical education in the U.S. during the 19th and 20th centuries.
9. Describes patterns necessary to promote a healthy life for all by understanding the effects of exercise, proper nutrition and the causes of disease on longevity.

COURSE OVERVIEW AND APPROXIMATE UNIT TIME ALLOTMENTS:

	<u>WEEKS</u>
7th Grade	
I. Pre- and Post-Fitness Testing	1-2
II. Racquet Sports	2-4
III. Tumbling	2-4
IV. Medieval Games	2-4

	<u>WEEKS</u>
V. Dance	2-4
VI. Jump Rope	1-3
VII. Frisbee	1-3
VIII. Golf	2-4
IX. Project Adventure	2-4
X. Track and Field	2-4
XI. Bowling	1-3
XII. Game Design	1-3
XIII. Self Defense	1-3

8th Grade

I. Pre- and Post-Fitness Testing	1-2
II. Court Sports	8-12
A. Volleyball	
B. Basketball	
C. Team Handball	
III. Field Sports	10-15
A. Flag Football	
B. Softball	
C. Soccer	
D. Speedway	
E. Field Hockey	
IV. Dance	3-6
V. Tumbling/Gymnastics	3-6

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