



Health and Physical Education

Course: Physical Education

Middle School: Grade

Essential Course Information

- Major Revision
- All Year

Course Overview

These courses provide a basic foundation of important physical education topics. The concepts in these units lay the framework for proper overall health and wellness.

Unit	Estimated Class Time	Overview
<u>Unit 1 Physical & Lifelong Fitness</u>	8	In this Physical & Lifelong Fitness unit, students will learn and apply fitness-related components that they can use on a daily basis. Students will learn the difference between muscular strength, muscular endurance, cardiovascular endurance, flexibility, power, reaction time, speed, and other fitness-related items. Students will learn that cardiovascular endurance can lead to overall wellness. Students will learn that improving in these areas over time will lead to a healthy lifestyle and higher physical fitness capabilities. Finally, students will learn that these health and fitness-related components are lifelong skills that we will use for the rest of our lives and that they will lead to overall health and wellness.
<u>Unit 2 Lifelong Sports & Games</u>	27	In this Lifelong Sports & Games unit, students will learn the importance of practicing sports skills and games as a way of improving overall health and wellness. Students will learn that certain skills learned in sports can be used in multiple activities and sports. Students will learn that certain skills carry over into other areas including fitness-related activities. Students will also apply their knowledge of the fitness components to implement during this Lifelong Sports and Games unit. Students will learn about team and individual sports and the skills required to participate in these activities. Students will also learn the importance of teamwork and sportsmanship during this unit. These sports can be played throughout our lives and improve our overall enjoyment of games as well as lead to healthy lifestyle choices.
<u>Unit 3 Cooperative, Seasonal & Movement Skills</u>	5	In this Cooperative, Seasonal & Movement Skills unit, students will learn how to apply locomotor and non-locomotor movements into their daily fitness activities. As well as into cooperative game-like activities. Students will learn how to perform yoga, dance, and other rhythmic activities. Students will apply knowledge of the health and skill-related fitness components to ensure overall health and wellness. Students will also learn and apply problem-solving skills in order to succeed. Students will learn how to work cooperatively and collaboratively with their respective teams/groups. Students will apply proper sportsmanship during these activities. Students will learn how to come up with strategies and apply certain tactics during gameplay. Finally, students will apply team-building strategies in order to achieve the objectives of this unit.

Content Continuum

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INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. **Google Slides** - Pear Deck and Google Slide presentations
2. **YouTube Videos** - videos related to the topic and unit.
3. **Smartboard** - to present material.
4. **Supplies** - construction paper, poster board, pencils, crayons/markers, and other materials needed for projects/PBA's.
5. **Google Classroom** - to upload lessons and receive feedback from students.
6. **Chromebooks** - to use with Google Classroom, Google Slides, and Pear Deck.
7. **Technology** - various technology tools to aid in the delivery of instruction.

KEY FEATURES OF REVISION

- Technology integration
- Technology Standards and Career Ready Practice Standard in each Unit
- Student Presentation Opportunities
- PBA's

Differentiation and ELL strategies are included.



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Board Approved
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