

# Bath Middle School

## Physical Education Curriculum Overview

### 6<sup>th</sup> – 8<sup>th</sup> Grade

Standards:

[Michigan Grade Level Content Expectations for 6<sup>th</sup> Grade Physical Education](#)

[Michigan Grade Level Content Expectations for 7<sup>th</sup> Grade Physical Education](#)

[Michigan Grade Level Content Expectations for 8<sup>th</sup> Grade Physical Education](#)

#### Topics Covered

Semester 1	Semester 2
Air force Football Soccer Floor Hockey Basketball Pentathlon Fitness Activities	Volleyball Bowling Health 7 and 8 Track and Field Fitness Activities

#### Focus Skills and Concepts

- Understand the basic rules of football, soccer, basketball, and floor hockey.
- Catch and throw a football with proper form.
- Know and use soccer terminology correctly.
- Dribble a soccer ball with head up.
- Dribble a basketball with proper form and with head up.
- Hold a hockey stick with proper form.
- Follow safety concepts for floor hockey.
- Understand the basic rules of volleyball, basic formation and rotation used during play.
- Display proper volleyball form for underhand passing, overhand passing, serving, and attacking.
- Bowl with a three- or four-step approach and proper follow through.
- Know the difference between and how to run sprints, middle distance and distance running.
- Display proper form for the long jump, high jump, and shot put.
- Participate in Pentathlon activities:
  - Obstacle course
  - Free throws

- Lay-ups
- Pull ups
- Peg board
- Jump rope
- Scooter course
- Wall sit
- Throw and catch a Frisbee.
- Catch and throw a small sized ball (dodge ball, team handball).

Essential questions students can answer at the end of the course:

- What does good sportsmanship look like?
- What does teamwork look like?
- What are some key vocabulary terms that are used in multiple sports?
- How do the skills we learn in Physical Education transfer to the real world?

Prerequisite skills critical for success:

- Basic organizational skills
- Positive attitude
- Listening skills
- Ability to get along with others
- Developed large and fine motor skills

Major Projects

Pentathlon

Assessments

Unit Tests

# Bath Middle School

## Fitness Curriculum Overview

### 6<sup>th</sup> – 8<sup>th</sup> Grade

Standards: [Michigan Grade Level Content Expectations for Physical Education](#)

#### Topics Covered

One Semester Class
Weight Training
Cross Fit Training
Cardiovascular Training
Plyometric Jump Training
Speed Training

#### Focus Skills and Concepts

- Follow all safety weight room and gym procedures.
- Demonstrate proper locker room behavior.
- Identify muscles that are used to perform a specific task.
- Self-assess muscular strength.
- Self-assess cardiovascular fitness level.
- Self-assess flexibility.
- Self-assess speed and endurance.
- Develop and implement a plan to improve strength and conditioning.
- Develop a weekly work out log
- Understand cross fit and circuit training.
- Understanding the push pull concept.
- Understand running and explosive movements.
- Demonstrate proper running form.
- Work cooperatively with peers in a variety of ways.
- Demonstrate leadership skills during workouts.

#### Essential questions students can answer at the end of the course:

- How does my body feel after a hard workout compared to a tough workout?
- What are some differences between a tough work out and easy workout?
- How do fitness skills apply to life outside of school?

Prerequisite skills critical for success:

- Cooperative class behavior
- Sportsmanship and positive attitude

Assessments

Jump Rope

One-Minute Timed Push-Ups

One-Minute Timed Sit-Ups

Vertical Jump Test

Six-Minute Timed Run