

Grade Level / Course Summary with Big Ideas:

The middle school health and physical education curriculum will provide students the opportunity to participate in wide variety of activities, which will vary each year. The goal is to promote lifelong health, fitness, and physical activity. Students will be involved in moderate to vigorous physical activity that includes individual, team, adventure, and fitness activities. These activities will meet the PA state and national standards for health and physical education. Technology will be used to help monitor physical activity and skill development.

Students will participate in skill work and lead up games for individual and team/cooperative activities, where they learn and improve physical skills (i.e. passing, receiving, offense and defense). This skill work will lead into learning and playing the game or activities by their own unique set of rules. Students will take an active part in the educational experience by learning and applying good sportsmanship, safety during activity, communication, leadership, cooperation with others, and problem solving strategies throughout the various planned activities. Every class will begin with a set of fitness exercises. There will also be a fitness unit that will include different types of activities such as aerobic, muscular fitness and flexibility. Students will learn training principles, proper technique, safety, and how the body systems work interdependently during exercise.

The grade 7 focus for health class is nutrition education. Students will learn basic nutrition information dealing with food groups, nutrients, analysis of food labels, portion size, the balance of nutrition and physical activity, and health risk factors associated with poor nutrition. Students will gain content knowledge of each topic while also reinforcing decision making, goal setting, advocacy, identifying and accessing valid information, analyzing influence, and working on interpersonal communication.

Grade Level Modules (Units):

**Suggested Timeline
of Weeks or # of Class Periods/Lessons**

1. Adventure/Outdoor Education (5-8 classes)
2. Individual Activities (10-12 classes)
3. Team Activities (15 classes)
4. Fitness (15 classes)
5. Health (5-8 classes)

Learning Activities/Modes of Formative and Summative Assessment:

Activities:

Skill & Drill Practice
Game Play
Cooperative Learning
Peer Teaching
Creative Movement
Presentations
Station Work/Learning Centers

Assessments:

Skill Tests
Written Tests
Teacher observation
Peer Evaluations
Checklists/Rubrics
Projects
Pedometers

Primary Instructional Resources:

PA Standards for Health and Physical Education
NASPE Standards
National Health Education Standards
Teacher created materials
Acceptable Internet sites and applications