

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 begins 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 health curriculum for 8th grade is a unit on reproductive and sexual health. Some of the topics that will be covered include: reproductive system of males and females, STD prevention, and more specifically HIV/AIDS prevention. Students will learn content knowledge of each topic while also examining the topic in the contexts of 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
Observation
Peer Evaluation
Checklists
Projects with Rubrics
Pedometers

Primary Instructional Resources:

PA Standards for Health and Physical Education Standards
NASPE Standards
National Health Education Standards
Teacher Resources
Acceptable Internet resources and applications