### Pinellas County Schools

#### M/J Extreme and Alternative Sports

**2018-2019**

This course is designed for 8th grade students and intended to be 18 weeks in length. The purpose of this course is to provide the skills, knowledge, and motivation necessary for participation in non-traditional forms of physical activity. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy physically active lifestyle.

#### Semester One

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**Unit 1: PFYP Unit/ Fitness Gram-3 weeks**

- **Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

- **Unit 2: Ultimate Frisbee-2 weeks**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

- **Unit 3: Pickleball-2 weeks**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

- **Unit 4: Flag Football-2 weeks**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

- **Unit 5: Team Handball/Speedball-2 weeks**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

- **Unit 6: Floor/Street Hockey-2 weeks**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

- **Unit 7: Ultimate/Cardio Kickball-1 week**
- **Course Standards - CPALMS**
- **Essential Topics and Vocabulary**

**FITNESSGRAM POST ASSESSMENT**

**COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES**

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*NO CLASSES*

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*Pre School Work Days*

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*DWT*