

# Pinellas County Schools Middle School Physical Education 2017-2018 M/J Extreme and Alternative Sports Year-at-a-Glance

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						Physical Education Orientation Week					Semester Two				
M	T	W	TH	F		Expectations, Locker Room; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety					M	T	W	TH	F
AUGUST 2017						<b>Unit 1: Presidential Youth Fitness Cognitive Unit (18 days)</b>					JANUARY 2018				
	1	2	3	4		<b>Course Standards - CPALMS</b>		<b>Essential Topics and Vocabulary</b>			1	2	3	4	5
7	8	9	10	11	PE.7.L.3.1 PE.7.L.4.1 PE.7.L.3.2 PE.7.L.3.3 PE.7.R.6.2			Health, Physically Active Lifestyle, Benefits, Health-related, Physical Fitness, Fitness, MVPA, Personal Fitness Program, Strategies, Goals, FITT, Principles of training, THRZ, Aerobic capacity, Healthy Fitness Zone, VO2			8	9	10	11	12
14	15	16	17	18	PE.7.M.1.8 PE.7.C.2.6			Max, Cardiac, Cardio, Muscular Strength, Muscular Endurance, Flexibility, Warm-up, Cool-down, SMART Goals, Specific, Measurable, Attainable, Realistic, Timely, Kinesthetic, Body Composition, BMI			15	16	17	18	19
21	22	23	24	25							22	23	24	25	26
28	29	30	31								29	30	31		
						<b>Unit 2: Ultimate Frisbee (2 weeks)</b>									
SEPTEMBER 2017						<b>Course Standards - CPALMS</b>		<b>Essential Topics and Vocabulary</b>			FEBRUARY 2018				
				1	PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.6 PE.8.L.3.3 PE.8.L.3.1			Backhand; Forehand; Hammer, Stationary; Motor Skill, Distance, Accuracy, Power; Strength, Create, Weakness, Open space, Strategy, Defense, Teamwork, Agility, Flexibility, MVPA, Physical Activity, Zone, Player to Player, Offense, Incomplete, Interception, Principles of 3's, V-cuts, Muscular Strength, Power						1	2
4	5	6	7	8	PE.8.R.5.5 PE.8.M.1.3 PE.8.M.1.9						5	6	7	8	9
11	12	13	14	15							12	13	14	15	16
18	19	20	21	22				<b>Unit 3: Pickleball (2 weeks)</b>			19	20	21	22	23
25	26	27	28	29		<b>Course Standards - CPALMS</b>		<b>Essential Topics and Vocabulary</b>			26	27	28		
						PE.8.C.2.2 PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.6 PE.8.C.2.8		Agility, Competency, Coordination, Motor Skill, Muscular Endurance, MVPA, Power, Reaction Time, Balance, Flexibility, Cardiorespiratory Endurance, Physical Activity, Etiquette			MARCH 2018				
OCTOBER 2017						PE.8.R.5.5 PE.8.M.1.2 PE.8.M.1.3 PE.8.M.1.5 PE.8.C.2.7								1	2
2	3	4	5	6	PE.8.M.1.7 PE.8.M.1.9 PE.8.L.3.1 PE.8.L.3.3 PE.8.M.1.1										
9	10	11	12	13				<b>Unit 4: Lacrosse (2 weeks)</b>			5	6	7	8	9
16	17	18	19	20		<b>Course Standards - CPALMS</b>		<b>Essential Topics and Vocabulary</b>			12	13	14	15	16
23	24	25	26	27	PE.8.C.2.2 PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.6 PE.8.R.5.3			Lacrosse, Cradling, Draw, Agility, Coordination, Motor Skill, Muscular Endurance, MVPA, Power, Reaction Time, Balance, Cardiorespiratory Endurance, Competency, Flexibility, Competency, Etiquette, Physical Activity			19	20	21	22	23
30	31				PE.8.C.2.7 PE.8.C.2.8 PE.8.L.3.1 PE.8.L.3.2 PE.8.R.5.1						26	27	28	29	30
						PE.8.M.1.5 PE.8.M.1.6 PE.8.M.1.7 PE.8.M.1.4 PE.8.L.3.3					APRIL 2018				
NOVEMBER 2017						PE.8.R.5.5 PE.8.R.6.2 PE.8.M.1.3 PE.8.R.5.4 PE.8.M.1.9									
		1	2	3				<b>Unit 5: Floor/Street Hockey (2 weeks)</b>			2	3	4	5	6
6	7	8	9	10		<b>Course Standards - CPALMS</b>		<b>Essential Topics and Vocabulary</b>			9	10	11	12	13
13	14	15	16	17	PE.8.C.2.3 PE.8.C.2.5 PE.8.C.2.7 PE.8.M.1.7 PE.8.C.2.8			Floor Hockey; Agility; Balance; Coordination; Reaction time; Dribbling; Face-Off; Forehand, Backhand, Cardiorespiratory Endurance, Muscular Strength, Flexibility, Corner to Corner pass, Teamwork, Motor Skill, 2 on 1, Keep Away, Strategy, Competition, Speed			16	17	18	19	20
20	21	22	23	24	PE.8.L.3.1 PE.8.L.3.3 PE.8.R.5.5 PE.8.M.1.4 PE.8.R.6.3						23	24	25	26	27
27	28	29	30		PE.8.M.1.3 PE.8.C.2.2 PE.8.R.6.2 PE.8.M.1.1 PE.8.M.1.2						30				
						<b>Unit 6: Ultimate Kickball (Cardio Kickball) (1 week) - NOT Traditional Kickball</b>									
DECEMBER 2017						<b>Course Standards - CPALMS</b>		<b>Essential Topics and Vocabulary</b>			MAY 2018				
				1	PE.8.M.1.7 PE.8.M.1.9 PE.8.R.5.4 PE.8.R.5.3 PE.8.R.5.5			Speed, Reaction Time, Agility, Power, Ultimate Kickball, Coordination, Balance, Teamwork, Median, Strategies, Competition				1	2	3	4
4	5	6	7	8	PE.8.C.2.3 PE.8.C.2.8 PE.8.L.3.1 PE.8.R.5.2						7	8	9	10	11
11	12	13	14	15				<b>Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis</b>			14	15	16	17	18
18	19	20	21	22							21	22	23	24	25
25	26	27	28	29							28	29	30		

DWT DAY

DISTRICT-DEVELOPED COMMON ASSESSMENTS/REVIEW

NO CLASSES