

Pinellas County Schools Middle School Physical Education 2017-2018 M/J Fitness Year-at-a-Glance

This fitness course is designed for 6th grade students and intended to be 18 weeks in length. The purpose of this course is to provide students with the knowledge, skills, and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill-related components of physical fitness which are critical for students' success.

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					Unit 1: Presidential Youth Fitness Cognitive Unit (18 days)										JANUARY 2018									
	1	2	3	4	Course Standards - CPALMS					Essential Topics and Vocabulary					1	2	3	4	5					
7	8	9	10	11	PE.6.L.4.1	PE.6.C.2.4	PE.6.L.3.3	HE.6.P.7.1	Health, Physically Active Lifestyle, Benefits, Health-related, Physical Fitness, Fitness, MVPA,					8	9	10	11	12						
14	15	16	17	18	PE.6.R.6.2	PE.6.C.2.5	PE.6.C.2.7	PE.6.C.2.8						15	16	17	18	19						
21	22	23	24	25	PE.6.C.2.13	PE.6.C.2.1	PE.6.M.1.11	22						23	24	25	26							
28	29	30	31											29	30	31								
					Unit 2: Health-Related Fitness Components (3 weeks)																			
SEPTEMBER 2017					Course Standards - CPALMS					Essential Topics and Vocabulary					FEBRUARY 2018									
				1	PE.6.C.2.1	PE.6.C.2.6	PE.6.C.2.13	PE.6.L.4.5	PE.6.M.1.1	Aerobic capcity; Muscular Strength; Muscular endurance; Flexibility; Body composition; Aerobic, Anaerobic								1	2					
4	5	6	7	8	PE.6.C.2.2	PE.6.C.2.7	PE.6.L.3.1	PE.6.C.2.9	PE.6.M.1.2						5	6	7	8	9					
11	12	13	14	15	PE.6.C.2.3	PE.6.C.2.8	PE.6.L.3.3	PE.6.C.2.4	PE.6.M.1.5						12	13	14	15	16					
18	19	20	21	22	LAFS.6.L.3.6	HE.6.B.6.1									19	20	21	22	23					
25	26	27	28	29	Unit 3: Skill-Related Fitness Components (3 weeks)										26	27	28							
					Course Standards - CPALMS					Essential Topics and Vocabulary														
OCTOBER 2017					PE.6.C.2.6	PE.6.R.5.1	PE.6.L.4.4	PE.6.M.1.2	PE.6.M.1.11	Agility; Balance; Coordination; Power; Reaction Time; Speed					MARCH 2018									
2	3	4	5	6	PE.6.C.2.12	PE.6.R.5.3	PE.6.R.6.2	PE.6.L.3.2	PE.6.M.1.12									1	2					
9	10	11	12	13	PE.6.C.2.13	LAFS.6.L.3.6									5	6	7	8	9					
16	17	18	19	20	Unit 4: Personal Fitness Program (2 weeks)										12	13	14	15	16					
23	24	25	26	27	Course Standards - CPALMS					Essential Topics and Vocabulary					19	20	21	22	23					
30	31				HE.6.P.7.1	PE.6.C.2.10	PE.6.L.4.2	PE.6.R.5.4	PE.6.R.6.1	Principles of Training; Overload, Specificity, Progression, Frequency, Intensity, Time, Type; Fact; Fallacy					26	27	28	29	30					
NOVEMBER 2017					HE.6.B.3.1	PE.6.C.2.11	PE.6.L.4.3	PE.6.R.5.2	PE.6.M.1.1											APRIL 2018				
		1	2	3	PE.6.C.2.4	PE.6.C.2.12	PE.6.L.4.4	PE.6.L.3.6	PE.6.M.1.3						2	3	4	5	6					
6	7	8	9	10	PE.6.C.2.5	PE.6.L.3.1	PE.6.R.5.3	PE.6.L.3.6	PE.6.M.1.11						9	10	11	12	13					
13	14	15	16	17	PE.6.C.2.6	PE.6.L.4.1	PE.6.R.5.5	PE.6.C.2.22	PE.6.M.1.12	16	17	18	19	20										
20	21	22	23	24	Unit 5: Fitness Games (Basketball)										23	24	25	26	27					
27	28	29	30		Course Standards - CPALMS					Essential Topics and Vocabulary					30									
					PE.6.C.2.12	PE.6.R.5.4	PE.6.M.1.11	PE.6.C.2.12	PE.6.L.3.1	Strategies, Teamwork, Manipulative, Chest Pass, Bounce Pass, Dribble, Finger Pads, Layup, Hoop, Shoot, Pass, Foul, Fraction, B.E.E.F., Ratio, Defense, offense, Zone Defense, Person-to-Person Defense, MVPA (Moderate to vigorous physical activity)					MAY 2018									
DECEMBER 2017					PE.6.R.5.5	MAFS.6.RP.1.1										1	2	3	4					
4	5	6	7	8	Unit 6: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis										7	8	9	10	11					
11	12	13	14	15	Course Standards - CPALMS										Essential Topics and Vocabulary					14	15	16	17	18
18	19	20	21	22	HE.6.B.6.1	PE.6.R.6.1	PE.6.M.1.1	PE.6.M.1.2	PE.6.M.1.12	Aerobic capcity; Muscular Strength; Muscular endurance; Flexibility; Body composition; Body Mass Index; Healthy Fitness Zone					21	22	23	24	25					
25	26	27	28	29	PE.6.L.3.1	PE.6.R.6.2									28	29	30							
DWT DAY																								
DISTRICT-DEVELOPED COMMON ASSESSMENTS/REVIEW																								
NO CLASSES																								