

Pinellas County Schools Middle School Physical Education

2017-2018 M/J Individual and Dual 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 develop the physical skills necessary to be competent in many forms of movement, knowledge of offensive and defensive strategies and tactics, and appropriate social behaviors within both competitive and non-competitive activity settings. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and 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						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.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 Max, Cardiac, Cardio, Muscular Strength, Muscular Endurance, Flexibility, Warm-up, Cool-down, SMART Goals, Specific, Measurable, Attainable, Realistic, Timely, Kinesthetic, Body Composition, BMI						8	9	10	11	12	
14	15	16	17	18	PE.7.M.1.8 PE.7.C.2.6							15	16	17	18	19	
21	22	23	24	25								22	23	24	25	26	
28	29	30	31									29	30	31			
SEPTEMBER 2017						Unit 2: Badminton (2 weeks)						FEBRUARY 2018					
				1	PE.8.M.1.3 PE.8.C.2.3 PE.8.L.3.1 PE.8.R.5.4 PE.8.C.2.1	agility, balance, competency, coordination, motor skill, muscular endurance, physical activity, reaction time, cardiorespiratory endurance, muscular strength, MVPA, power, etiquette, shuttlecock									1	2	
4	5	6	7	8	PE.8.M.1.4 PE.8.C.2.5 PE.8.L.3.2 PE.8.R.5.5 PE.8.L.3.6							5	6	7	8	9	
11	12	13	14	15	PE.8.M.1.5 PE.8.C.2.6 PE.8.L.3.3 PE.8.R.6.1 PE.8.C.2.8							12	13	14	15	16	
18	19	20	21	22	PE.8.M.1.7 PE.8.L.3.4 PE.8.M.1.6 PE.8.M.1.2 PE.8.C.2.7							19	20	21	22	23	
25	26	27	28	29	PE.8.R.6.3							26	27	28			
OCTOBER 2017						Unit 3: Disc Golf (2 weeks)						MARCH 2018					
	2	3	4	5	6	PE.8.M.1.2 PE.8.M.1.9 PE.8.L.3.1 PE.8.C.2.7 PE.8.R.6.1	balance, coordination, motor skill, physical activity, MVPA, power, etiquette, muscular strength, competency									1	2
9	10	11	12	13	PE.8.M.1.3 PE.8.C.2.1 PE.8.L.3.5 PE.8.M.1.7 PE.8.M.1.1	5							6	7	8	9	
16	17	18	19	20	PE.8.M.1.5 PE.8.R.5.4 PE.8.R.5.1 PE.8.C.2.6 PE.8.R.5.5	12							13	14	15	16	
23	24	25	26	27		19							20	21	22	23	
30	31					26	27	28	29	30							
NOVEMBER 2017						Unit 4: Tennis (2 weeks)						APRIL 2018					
		1	2	3	PE.8.M.1.1 PE.8.M.1.7 PE.8.C.2.8 PE.8.C.2.9 PE.8.M.1.5	agility, balance, competency, coordination, motor skill, physical activity, reaction time, cardiorespiratory endurance, MVPA, power, etiquette, competency											
					PE.8.M.1.2 PE.8.M.1.9 PE.8.L.3.1 PE.8.L.3.5 PE.8.L.3.3							2	3	4	5	6	
6	7	8	9	10	PE.8.M.1.3 PE.8.C.2.1 PE.8.L.3.2 PE.8.C.2.7 PE.8.C.2.6							9	10	11	12	13	
13	14	15	16	17	PE.8.M.1.4 PE.8.L.3.6 PE.8.R.6.2 PE.8.R.5.2 PE.8.R.6.1							16	17	18	19	20	
20	21	22	23	24		23	24	25	26	27							
27	28	29	30		PE.8.M.1.1 PE.8.M.1.6 PE.8.C.2.5 PE.8.M.1.5 PE.8.C.2.1	agility, balance, competency, coordination, motor skill, muscular endurance, physical activity, reaction time, cardiorespiratory endurance, MVPA, power, etiquette, rally, flexibility						30					
					PE.8.M.1.2 PE.8.M.1.7 PE.8.C.2.7 PE.8.R.6.1 PE.8.L.3.1												
					PE.8.M.1.3 PE.8.M.1.9 PE.8.C.2.8 PE.8.M.1.4 PE.8.R.5.5												
DECEMBER 2017						Unit 5: Pickleball (2 weeks)						MAY 2018					
				1		aerobic, agility, balance, cardiovascular endurance, coordination, flexibility, muscular endurance, muscular strength, MVPA, power							1	2	3	4	
4	5	6	7	8								7	8	9	10	11	
11	12	13	14	15	PE.8.M.1.3 PE.8.C.2.5 PE.8.L.3.3 PE.8.L.3.1 PE.8.M.1.7							14	15	16	17	18	
18	19	20	21	22	PE.8.M.1.4 PE.8.C.2.6 PE.8.L.3.4 PE.8.C.2.1 PE.8.C.2.8							21	22	23	24	25	
25	26	27	28	29	PE.8.M.1.5 PE.8.C.2.7 PE.8.L.3.5 PE.8.R.5.2 PE.8.R.5.4	28	29	30									
					PE.8.M.1.1 PE.8.R.6.3												
Unit 6: Track and Field (2 weeks)						Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis											
DWT DAY																	
DISTRICT-DEVELOPED COMMON ASSESSMENTS/REVIEW																	
NO CLASSES																	