

## Middle School Physical Education (9/22)

1 <sup>st</sup> Quarter/2 <sup>nd</sup> Quarter	Content	Skills	Assessment/Activities	Resources
	<ul style="list-style-type: none"> <li>€ Gross Motor Skills</li> <li>€ Social Skills</li> <li>€ Fine Motor Skills</li> <li>€ Fitness</li> <li>€ Personal Skills</li> <li>€ Lifelong Learning/Participation</li> </ul>	<ul style="list-style-type: none"> <li>€ Demonstrate competency in motor skills and movement patterns needed to perform a variety of movement patterns.</li> <li>€ Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</li> <li>€ Exhibit a physically active lifestyle</li> <li>€ Achieve and maintain a health-enhancing level of physical fitness</li> <li>€ Exhibit responsible person and social behavior that respects self and others.</li> <li>€ Value physical activity for health, enjoyment, challenge, and self-expression or social interaction.</li> </ul>	<ul style="list-style-type: none"> <li>€ Dribble tag</li> <li>€ Dribble to music</li> <li>€ Rhythmic parachute</li> <li>€ Warm up/cool down activities</li> <li>€ Throwing, catching, shooting, movement games</li> <li>€ President's Challenge</li> <li>€ Administration of fitness testing</li> <li>€ Team sports</li> <li>€ Individual sports</li> <li>€ Cardio activities that apply the F.I.T.T. principle.</li> </ul>	<ul style="list-style-type: none"> <li>€ Teacher observation</li> <li>€ Skill Tests</li> <li>€ Self and peer evaluation</li> <li>€ Written reports</li> <li>€ Written tests</li> </ul>