



Curriculum Overview and Resources

6th-8th Grade Health and Physical Ed

Year at a Glance	Student Access to Online Materials
K-8 Year AT Glance	Access Student Accounts through Clever Username: Lunch Number Example: 12345 Password: Birth Date Format: mm/dd/yyyy Example: 02/16/2013

Unit	Overview: Essential Learning
Unit 1: Safety	PE - Students will know specific safety rules and procedures for all activities, as well as how to resolve conflicts and work effectively with others. They will be able to participate in physical activities requiring knowledge of game tactics using correct form. Appropriate social behaviors are the basis for creating appropriate safety rules and procedures. The concepts and skills in this unit integrate the correction of skills and understanding of tactics in physical activity and modified game settings. Health - Students will identify safe and unsafe situations by classifying them into the correct group from a list. They will also be able to produce a list of strategies to prevent injuries at school and home.
Unit 2: Fitness and Nutrition	PE- Students will understand the importance of maintaining a healthy, active lifestyle and setting personal goals. These fitness standards were integrated to support the teaching of healthy habits and provide information necessary to lead a healthy, active lifestyle. Health- Students will be able to create healthy meals based on nutritional content, value, calories, and cost. Students will differentiate situations when a health-related decision should be made independently or with the help of others.
Unit 3: Locomotor	PE - Students will be able to participate, using correct form, in physical

Skills	activities requiring knowledge of game tactics. The concepts and skills in this unit integrate correction of skills and understanding of tactics in physical activity and modified game settings. Health- Students will be able to identify healthy foods and unhealthy foods. Students will exercise daily and set goals for themselves to achieve.
Unit 4: Manipulating Objects	PE- Students will continue to improve fundamental skills by identifying critical elements and applying them to physical activities and games. The concept of off-the-ball movement combined with identifying critical elements and correcting errors in performance help to improve overall performance. Health- Students will be able to identify different factors that make up a healthy lifestyle.
Unit 5: Focusing on Technique and Basic Skills	PE- Students will continue to improve fundamental skills by identifying critical elements and applying them to physical activities. Students will be able to participate, using correct form, in physical activities requiring knowledge of game tactics. The concepts and skills in this unit integrate correction of skills, improvement of performance, and understanding of tactics in physical activity and modified game setting. Health- Students will be able to identify components that support healthy decisions for a healthy lifestyle.
Unit 6: Fitness and Nutrition 2	PE- These fitness standards were integrated to support the teaching of healthy habits and provide the information necessary to lead a healthy, active lifestyle. Engagement in health and skill related activities require a willingness to learn and try new activities or challenges. Health- Students will have the skills to set personal short term goals and will be able to list action steps, healthy practices and assistance needed to achieve their personal goal. Students will be able to explain how technology and bad habits can influence their personal health. Students will learn how to create short term personal health goals that include action steps and behaviors. Students will also identify possible influences that might become obstacles in reaching their goals.
Unit 7: Strategies and Gameplay	PE- Students will continue to improve fundamental skills by identifying critical elements and applying them to competent performance. The concepts and skills in this unit integrate correction of skill errors and improvement of performance. Health- Students will explain how the media influences behavior and will identify circumstances that affect health decision making.

Unit 8: Lifetime Sports and Skills	PE- Students will understand the importance of maintaining a healthy lifestyle and monitoring their current health. Students will understand the importance of maintaining a healthy, active lifestyle. Health- Students will describe how family influences our health choices and will identify ways to encourage others to make good health choices.
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