

NORTH BRANFORD PUBLIC SCHOOLS

Essential Curriculum

Physical Education

Middle School (Grades 6-8)

Upon completion of Grade 8, students will be able to:

Fitness

Participate in daily sustained physical activity to develop health-related physical fitness.

- Participate in sports-related group activities that improve cardiovascular endurance; e. g., ultimate Frisbee, speedball, basketball.
- Perform stretches specific to a physical activity or sport following warm-up.
- Participate in activities that develop muscular strength and endurance; e. g., circuits, jump rope, swimming.

Use fitness assessment results to improve and maintain fitness. Identify assessment activities for each health-related component of physical fitness.

- Use fitness assessment results to set fitness goals and implement a plan: analyze fitness results, design plan, select activities, monitor progress, and make modifications.
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Identify lifetime activities that enhance the health-related components of physical fitness.

- List lifetime activities which develop cardiovascular fitness; e. g., hiking, biking, cross-country skiing, snow shoeing.
- List lifetime activities which develop muscular endurance; e. g., swimming, hiking, rollerblading.
- List lifetime activities which develop strength; e. g., mountain biking, soccer, rock climbing.
- List lifetime activities that develop flexibility; e. g., ballet, yoga, martial arts.

Motor Skills

Apply personal and general spatial awareness to physical activity.

- Identify and move to an open space in a game situation; e. g., pass ahead of another player, maintain appropriate distance from another player in passing or guarding situations.
- Play assigned position in a game situation; e. g., server in volleyball, center forward in soccer, and quarterback in football.

Identify and demonstrate the basic steps of manipulative skills.

- Describe and perform various types of throws; e. g., football spiral, softball pitch, basketball bounce pass.
- Describe and perform various types of catches; e. g., catch above the waist, below the waist, one-handed Frisbee catch.
- Describe the foot position in various kicks; e. g., football punt, soccer instep kick, soccer dribble.
- Demonstrate combinations of locomotor movements and manipulative skills in games and activities.
- Perform combinations of locomotor and manipulative skills in games; e. g., basketball, softball, floor hockey.
- Perform combinations of locomotor movements and manipulative skills in activities; e. g., obstacle course, relays.

Develop specialized skills in a variety of individual and team activities.

- Perform various throwing and catching skills; e. g., juggling, basketball overhead pass, one-handed Frisbee catch.
- Perform various striking skills; e. g., place ball away from opponent in a racquet sport, overhead volleyball serve, football punt.

Expand dance skills through a variety of dance experiences.

- Create a movement pattern using a combination of complex locomotor steps; e. g., aerobic dance, jump rope routine, creative movement.
- Perform folk dances and social dances from around America; e. g., swing, twist, line dance.

Social and Emotional

Demonstrate responsible personal behavior in physical activity settings.

- Demonstrate personal responsibility for rules and procedures; e. g., manages equipment, stay on task, start and stop activity as directed.
- Accept responsibility for own actions without blaming others.

Demonstrate responsible social behavior in physical activity settings.

- Work cooperatively and productively; e. g., listen to instructions, organize and begin activities quickly, make smooth transitions between activities.
- Show support for others; e. g., give encouragement, provide feedback for skill development, acknowledge accomplishments.
- Demonstrate conflict management skills; e. g., identify behaviors which might create conflict situations, predict consequences of conflict, hypothesize acceptable methods for managing conflict.
- Demonstrate group problem solving; e. g., assign player positions to utilize strengths, determine playing order, modify activities to accommodate additional players.
- Practice good sportsmanship behavior; e. g., accept referee's decisions, use appropriate language, honestly report activity results.

Recognize the attributes that individuals can bring to group activities.

- Show respect for people of different backgrounds and the cultural significance they attribute to various activities.
- Demonstrate acceptance of skills and abilities of others through verbal and nonverbal behavior; e. g., praise, modification of activities, positive gestures.

Indicate how physical activity provides an opportunity for enjoyment.

- Celebrate personal successes and achievements as well as those of others.
- Participate in activities that are personally interesting and rewarding.

Demonstrate appropriate risk-taking.

- Willingly participate in new activities.
- Continue to participate when not successful on the first attempt.
- Differentiate between appropriate and inappropriate risks based on experience and ability.
- Identify and express feelings resulting from challenges and successes.

Knowledge

Modify and apply rules and strategies to physical activity.

- Explain rules and infractions for specific activities.
- Apply simple strategies to physical activity; e. g., utilize players' strengths when assigning player positions, move to an open space to receive a pass, use different defenses.

Practice safety principles in the activity setting.

- Identify concerns and practice safety in student-created activities.
- Manage potential safety hazards in the activity setting.

Demonstrate knowledge of fitness and movement concepts.

- Use correct fitness terminology; e. g., target heart rate, warm-up, cool-down.
- Use correct sport terminology; e. g., offense, defense, opposition, weight transfer.

Access information about physical education and dance from a variety of resources, beginning with the library media center.

- Identify community opportunities for participation in dance and other organized physical activities.
- Construct a report on a physical activity of personal interest.

Demonstrate the correct technique for a variety of basic skills.

- Perform individual movement skills such as walking, running, sliding, and jumping.
 - Perform individual non-movement skills such as stretching, bending, and twisting.
 - Perform individual manipulative skills such as throwing, kicking, and striking a variety of objects, demonstrating both accuracy and force.
- Apply correct techniques of basic skills during lead-up games and in rhythmic activities.

- Perform movement/non-movement skills with a partner or small group in lead-up Activities, e.g., 1 x 1, 2 x 2, 2 x 1.
- Perform manipulative skills while working individually or with a partner in activities such as dribbling a basketball, kicking a soccer ball, or volleying a tennis ball.
- Combine manipulative skills while working individually or with a partner, as in dribbling and shooting a soccer ball or basketball, or receiving a pass and shooting a hockey puck.
- Identify and practice weight transfer, follow-through, and body-target alignment, common components in a variety of skills.
- Identify ways to link and transfer basic manipulative skills and concepts to specialized sports skills.
- Recognize the similarities between manipulative skills in different activities such as the tennis serve and the overhand volleyball serve, the underhand badminton serve and the underhand softball throw, and the backhand stroke in tennis and the Frisbee backhand throw.
- Link different skills like dribbling and passing a basketball, receiving and dribbling a soccer ball, or receiving a pass and kicking a soccer goal.
- Perform skills while moving alone or with partners.

Set goals and apply concepts for the development of movement skills and to improve performance.

- Recognize that time and effort are prerequisites for skill improvement.
- Identify steps to setting goals.
- Identify successful cues for improved skill performance.
- Move to open space to receive a pass in a variety of activities.
- Move to a space to defend in a number of activities.

Determine personal fitness levels and improvement through pre and post testing in the elements of physical fitness (muscular strength and endurance, flexibility, cardiovascular endurance).

- Create personal goals based on fitness assessment.
- Monitor progress toward fitness goals by using a checklist or journal.
- Recognize that fitness programs are based on each individual's needs.

Participate in activities that promote physical fitness.

- Describe the components and principles of physical fitness.
- Participate in activities that improve flexibility before and after exercise.
- Participate in activities that improve muscular strength and endurance at least three times a week.
- Participate in moderate to vigorous activity for a minimum of 30 minutes, three times a week.
- Explore a number of new physical activities for personal interest during physical education class.

Demonstrate knowledge of the components of physical fitness.

- Compare aerobic and anaerobic exercises.
- Distinguish between muscular strength and muscular endurance and between cardiovascular and muscular endurance.
- Participate in activities that are appropriate for improving each component of physical fitness.
- Apply **FITT** (frequency, intensity, time, and type) fitness activity guidelines.
- Use technology to monitor and improve skill and fitness levels.

Explore the relationship between physical activity and proper nutritional choice.

- Investigate the concept of energy balance.
- Review the structure of the food pyramid.
- Describe the benefits of exercise and proper nutrition and the consequences of inactivity and poor eating habits.

Demonstrate the proper biomechanical principles of posture.

- Demonstrate proper posture while standing, sitting, and lifting.
- Identify exercises contributing to abdominal strength.
- Identify opposing muscle groups.

Demonstrate the ability to make responsible choices in activity settings.

- Make safe choices for self and others in operating equipment properly.
- Follow rules in activity participation.
- Consider consequences when confronted with a behavior choice.
- Keep winning and losing in perspective.
- Resolve interpersonal conflicts with empathy for rights and feelings of others.
- Understand how to act independently of peer pressure.

Demonstrate the ability to work with others in activity settings.

- Demonstrate the ability to follow as well as lead in activity settings.
- Accept decisions of officials in a respectful manner.
- Handle conflicts that arise with others without confrontation.
- Recognize the influence of peer pressure.
- Participate respectfully and display sensitivity to the feelings of others while participating in activities with students of different abilities, gender, skills, and cultures.

Demonstrate the health-enhancing benefits of physical activity and proper nutrition.

- Recognize the positive connection between proper nutrition and exercise.
- Recognize that effective fitness and activity program choices will vary among individuals.
- Use activity participation to reduce stress.
- Participate in activities that develop all elements of physical fitness.

Recognize that physical activity provides opportunities for challenge, enjoyment, self-expression, and social interaction.

- Celebrate successes and achievements by self and others.
- Participate in activities that are personally challenging and rewarding.
- Identify appropriate risks in activity selection.
- Appreciate how physical activity can provide social interaction among people of varying ability levels in team activities.
- Understand the role of constructive criticism or feedback in learning.

Demonstrate the correct technique for a variety of movement skills.

- Perform movement skills such as walking, running, and jumping with efficiency and with proper form.
- Perform non-movement skills, such as stretching during warm-up and cool-down, with mature skill levels while working individually and with a partner.
- Perform advanced manipulative skills such as kicking and striking a variety of objects, demonstrating both accuracy and force while moving or being guarded.

Apply correct techniques of basic skills in a number of individual, dual, and team sport-specific activities.

- Consistently throw and catch or kick and receive a ball while being guarded by opponents.
- Combine skills with basic offensive and defensive strategies to participate in modified versions of individual and team sports.
- Review and demonstrate correct weight transfer, follow-through, and body- target alignment in a variety of activities.

Demonstrate correct technique in a variety of improvised rhythmic activities.

- Participate in a variety of dances such as square, folk, aerobic, modern, ballroom, and line.
- Perform rhythmic activities representing various cultures such as Native American, African, and Latin American dances.

Demonstrate ways to link and transfer basic manipulative skills and concepts to specialized sports activities.

- Apply the principle of transfer of learning by identifying similarities and differences of movement concepts to facilitate the learning of a new skill.
- Identify and analyze offensive and defensive strategies in a number of different activities.
- Describe the key elements, such as balance and follow-through, in the execution of sport-specific skills.

Set goals and monitor changes in the development of movement skills to improve performance.

- Recognize that time and effort are prerequisites for skill improvement.
- Review the goal-setting process.
- Use visual and mental cues to learn and self-assess performance.
- Understand the use of rubrics to assess performance levels.

Assess personal fitness level and maintain a basic exercise plan that incorporates all elements of physical fitness.

- Determine personal fitness levels using a variety of assessment instruments.
- Design and implement a personal fitness program based on the fitness assessment results.
- Monitor progress through periodic fitness tests, activity journals, and computer software programs.
- Evaluate progress and adjust fitness plan to meet individual needs.

Participate in activities that promote physical fitness.

- Participate in activities that develop flexibility, muscular strength and endurance, and cardiovascular fitness.

- Utilize the overload principle to improve all elements of physical fitness.
- Participate on small teams to promote maximum participation and fitness outcomes.
- Explore a variety of nontraditional physical activities such as orienteering, field hockey, and rock climbing during and after school hours.

Demonstrate knowledge of the elements of physical fitness.

- Define the elements of physical fitness.
- Correctly demonstrate various resistance-training techniques.
- Learn to relate pulse rate and physical energy expenditure.
- Maintain a daily activity journal as a record of physical fitness activities.
- Apply the **FITT** (frequency, intensity, time, type) guidelines to a number of activities.
- Participate in a daily stretching program to promote flexibility.

Describe the relationship between physical activity and proper nutritional choice.

- Review the concept of energy balance.
- Using a diet and activity log, analyze the balance between food intake and energy expenditure.
- Create a meal plan based on the food pyramid.
- Identify poor food choices and healthy alternatives.

Demonstrate the biomechanical principles of posture during activity.

- Demonstrate correct posture when lifting heavy objects.
- Identify exercises that contribute to trunk stabilization.
- Discuss the importance of balance in developing strength in opposing muscle groups.

Adjust and monitor fitness and exercise programs using a variety of technological resources.

- Assess and adjust personal fitness plan utilizing computer software for feedback.
- Evaluate intensity levels of activities using data from heart rate monitors and/or pulse sticks.
- Enhance the development of fitness plans through using information found on the Internet.
- Use camcorders or digital cameras to analyze performance and observe models of excellence in a variety of activities.

Demonstrate the ability to make responsible choices in activity settings.

- Identify and follow rules while playing sports and games, while keeping winning and losing in perspective.
- Make responsible choices based on the safety of self and others when participating in physical activities.
- Accept the consequences of personal behavior choices.
- Strive to act independently of peer pressure.
- Work to improve physical fitness and motor skills.

Demonstrate the ability to work with others in activity settings.

- Demonstrate leadership in a number of activities.
- Work with a partner in fitness activities.
- Analyze factors contributing to performance outcomes without blaming others.
- Identify positive and negative peer influences.
- Resolve interpersonal conflicts with sensitivity to the rights and feelings of others.

Appreciate the benefits of living a healthy lifestyle.

- Analyze and categorize physical activities and exercises according to their benefits throughout life.
- Recognize that, in addition to physical fitness, regular activity participation offers social and psychological benefits.
- Recognize how proper nutrition and exercise impact childhood obesity and type II diabetes.
- Recognize the importance of establishing a pattern of daily participation in a number of different activities.

Recognize that physical activity provides opportunities for challenge, enjoyment, self-expression, and social interaction.

- Develop strategies for overcoming fear of participating in new activities outside of personal comfort zones.
- Recognize individual abilities and limitations when determining goals and personal challenges.
- Respect, appreciate, and enjoy the aesthetic and creative aspects of activity participation.
- Participate in activities that offer social interaction with people of varying ability levels and different social and cultural backgrounds.

Attain competence in a variety of sport-specific skills by applying the required techniques.

- Develop proper movement skills for a variety of game, sport, and dance activities.
- Use combinations or sequences of movement skills in game or other activity settings.

- Participate in a number of individual and team activities demonstrating the basic skills, strategies, and rules.
- Demonstrate proficiency in knowledge and skills in a few movement forms and use assessment results to improve performance.
- State and understand critical cues for movement skills.
- Demonstrate understanding of the basic skills, strategies, and rules in a variety of activities.
- Practice movement skills individually, with a partner, in a small group, and in regulation play.
- Assess skill performance of self and others using critical cues.
- Detect and correct errors in individual and group performance.
Demonstrate an understanding of movement concepts that include physical, mental, and social applications.
- Explain and give examples of movement and developmental concepts, i.e., the sequential nature of change, the uniqueness in the rates of physiological development, the nature of movement components, and the developmental stages skill acquisition.
- Explain and apply biomechanical principles related to stability of the center of gravity, the production and application of force, and safe methods of lifting and carrying heavy objects.
- Demonstrate knowledge of concepts regarding the physiology of warming up and cooling down, the structure and function of the human body, the influence of individual differences in activity settings, and unsafe exercises.
- Explain the social and psychological aspects of sport, i.e., goal setting, stress reduction, self-assessment, self-image, group interaction and cooperation, empathy, and participation according to rules.

Apply movement concepts to the learning and development of skills.

- Analyze movement performance through a variety of means such as rubrics, self and peer assessment, video and computer analyses, and teacher feedback.
- Design personal practice sessions according to individual needs.

Demonstrate knowledge of the requirements for a healthy lifestyle.

- Recognize the benefits of a healthy lifestyle and the consequences of poor nutrition and inactivity.
- Accurately explain the elements of physical fitness.
- Self-assess the elements of physical fitness, i.e., muscular and cardiovascular endurance, flexibility, and body composition, using a variety of instruments.
- Calculate maximum heart rate and exercise in a target heart rate zone.
- Develop short- and long-term goals for activity and physical fitness.

Participate in a variety of activities that promote individual satisfaction and physical fitness.

- Analyze and compare health and fitness benefits derived from a variety of activities.
- Participate in a number of class activities that promote strength, muscular and cardiovascular endurance, flexibility, and personal satisfaction.
- Adjust activities to increase fitness benefits by increasing pace and adding time and/or repetitions.
- Explore a variety of nontraditional physical activities for personal interest both during and outside of school hours.

Participate in a variety of activities in class and outside of school that develop a foundation of physical fitness.

- Identify and participate in a number of activities that develop muscular strength and endurance, flexibility, and cardiovascular endurance.
- Develop and maintain activity journals to track fitness and activity levels.
- Review **FITT** (Frequency, Intensity, Time, Type) guidelines as they apply to the development of physical fitness.
- Recognize that both proper nutrition and exercise are necessary for a lifelong healthy lifestyle.

Assess, adjust, and monitor physical activity using a variety of technological resources.

- Utilize computer software to assist in assessing and tracking fitness levels.
- Adjust intensity levels of various activities through monitoring pulse rates manually or by using heart-rate monitors or pulse sticks.
- Improve movement skills using camcorders or digital cameras to provide feedback and self-analysis.
- Use Internet resources to create reports on activity, nutrition, and lifelong wellness.

Demonstrate responsible behavior in activity settings.

- Listen and consider consequences before taking action in conflict situations.
- Identify and address unsafe conditions and risky behaviors in activity settings.

- Follow recommended safety precautions and procedures.
- Keep the importance of winning and losing in perspective relative to other positive goals of participation.
- Apply safe practices, rules, and etiquette in all physical activity settings.

Demonstrate responsible social behavior in working with others in activity settings.

- Recognize when to lead and follow in group activity settings.
- Provide positive reinforcement to peers of all ability levels in activity settings.
- Analyze potential causes and solutions to conflict in activity settings.
- Explore ways of contributing to the community through academic service projects

Demonstrate a respect for differences among people in activity settings.

- Work positively with others in diverse settings and groups.
- Explore/research sports and activities of other cultures.
- Value what each participant can do in an activity rather than emphasizing individual weaknesses.
- Recognize students who do not feel included and make a deliberate effort to involve them in activities.

Recognize that physical activity provides opportunities for enjoyment.

- Use physical activity to reduce the stress of everyday life through participation in activities that are personally rewarding.
- Utilize recreational facilities that are available in the community.
- Enjoy the satisfaction of interacting, participating, and competing with others in physical activities.