

Physical Education Units

Topic: Flag Football

Weeks 3-4

Grade Level: 6-8

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics 2. Co-ed flag football	1. All students will participate in physical activity warm-up 2. All students will participate in co-ed flag football activity	1 A, C, D 3, A, B, C 4 A, B, E 5 A, B, C, D, E 6 A, B, C, D, E, F	Benefits: Conditioning, flexibility, endurance, strength, team work, social skills, rules, positions, throwing, catching, kicking, and blocking.

Topic: Fitness Testing

Weeks 5-6

Grade Level: 6-8

Unit Title	Unit Objectives	Benchmarks	Assessments
1. Presidential physical fitness testing 2. Daily 3 minute run/calisthenics	1. All students will strive to meet basic criteria of Presidential Physical Fitness Test. 2. All students will participate in physical activity warm-up.	1 A, C 3 A, C 4 A, B, E 5 A, B, C, D, E 6 A, B, C, D, E, F	Flexibility, endurance, agility, speed, strength, and cardiovascular endurance

Topic: 12 min walk/run

Weeks 5-6

Grade Level: 6-8

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics 2. 12 minutes walk/run	1. All students will participate in physical activity warm-up 2. All students will participate in 12-minute walk/run activity	1 A 2 A, C 4 A, B, D, E 5 A, B, D, E 6 B, D	Flexibility, endurance, agility, speed, strength, and cardiovascular endurance

Topic: Soccer

Weeks 7-8

Grade Level: 6-8

Unit Title	Unit Objectives	Benchmarks	Assessments
1. Daily 3 minute run/calisthenics 2. Soccer: Indoor, outdoor.	1. All students will strive to meet basic criteria of Presidential Physical Fitness Test. 2. All students will participate in soccer activity	1 A, D 2 A, F 3 B, C, D 5 A, B, D, E 6 B, D, F	Rules (written test), positions, teamwork, tending, kicking, throw ins, free kicks, goals, passing, ball control, penalty kicks.

Topic: Soccer

Weeks 9-10

Grade Level: 6-8

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics 2. Soccer: Indoor, outdoor. 3. Tournament	1. All students will participate in physical activity warm-up 2. All students will participate in soccer activity 3. Each class will participate in soccer tournament	1 A, D 2 A, F 3 B, C, D 5 A, B, D, E 6 B, D, F	Rules, teamwork, kicking, throw ins, free kicks, positions, goal, scoring, passing, ball control, penalty kicks, aerobic, conditioning, personal skill development

Topic: Basketball**Weeks 19-20****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics	1. All students will participate in physical activity warm-up	1 A, D	Rules (written test), shooting, passing, dribbling, free throws, officiating, team work, team strategies, scoring, social skills, cardiovascular endurance
2. Basketball skills	2. All students will participate in various basketball skill activities	2 A, F	
3. Sideline basketball games	3. All students will participate in sideline basketball games	3 B, C, D	
4. Basketball shooting games	4. All students will participate in various basketball shooting games	5 A, B, D, E 6 B, D, F	

Topic: Basketball**Weeks 21-23****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics	1. All students will strive to meet basic criteria of Presidential Physical Fitness Test.	1 A, D	Social skills, strength, cardiovascular endurance, shooting, passing, dribbling, free throws, officiating, team work, team strategies, scoring.
2. Basketball Games	2. All students will participate in basketball games	2 A, F	
3. Basketball tournaments	3. All students will participate in co-ed basketball tournament	3 B, C, D 5 A, B, D, E 6 B, D, F	

Topic: Floor Hockey**Weeks 24-26****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics	1. All students will participate in physical activity warm-up	1 A, D	Rules (written test), positions, goal tending, puck control, passing, team work, team strategies, team play, endurance, flexibility.
2. Floor Hockey	2. All students will participate in floor hockey activities	2 A, F	
3. Tournament	3. All students will participate in floor hockey tournament	3 B, C, D 5 A, B, D, E 6 B, D, F	

Topic: Floor Hockey**Weeks 27-29****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics	1. All students will strive to meet basic criteria of Presidential Physical Fitness Test.	1 A, D	Strength, agility, cooperation, team work, sportsmanship, cardiovascular endurance, team strategies, rules, shooting, goal tending, puck control, officiating.
2. Co-ed floor hockey tournament	2. All students will participate in floor hockey tournament	2 A, F	
		3 B, C, D 5 A, B, D, E 6 B, D, F	

Topic: Rhythmical skills**Weeks 30****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics.	1. All students will participate in physical activity warm-up.	1 A	Rhythmical skill development, stamina, endurance strength, upper/lower body composition, cardiovascular endurance, flexibility.
2. Jump rope to music.	2. All students will jump rope (rhythmically) to music.	2 A, C	
3. Aerobic/anaerobic workouts.	3. All students will participate in Aerobic/anaerobic workouts.	4 A, B, D, E	
4. 12 minute walk/run.	4. All students will participate in 12 minute walk/run activity.	5 A, B, D, E 6 B, D	

Topic: softball/whiffleball**Weeks 31-33****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics. 2. Softball (outside) 3. Whiffleball (inside)	1. All students will participate in physical activity warm-up. 2. All students will participate in softball 3. All students will participate in whiffleball.	1 A, D 2 A, F 3 B, C, D 5 A, B, D, E 6 B, D, F	Sportsmanship, throwing, batting, pitching, hitting, rules (written test), teamwork, team strategies, base running, fielding, tagging.

Topic: Fitness Testing**Weeks 34-37****Grade Level: 6-8**

Unit Title	Unit Objectives	Content Standards	Unit Outcomes
1. Daily 3 minute run/calisthenics. 2. Physical fitness testing. (inside)	1. All students will participate in physical activity warm-up. 2. All students will participate in physical fitness activities.	1 A 2 A, C 4 A, B, D, E 5 A, B, D, E 6 B, D	Strength, endurance, coordination, speed, cardiovascular endurance, flexibility, self confidence, self composition (body)