Fulton County Schools Middle School Physical Education Curriculum

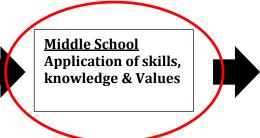
	6 th Grade (Emerging: Students engage in controlled and	7 th Grade (Maturing: Students are able to demonstrate	8 th Grade (Applying: Students are able to demonstrate
	varied tasks that lead to knowledge of milestone, targeted skill)	milestone, targeted skill with accuracy and continue to improve the skill)	milestone, targeted skill with accuracy within physical activity setting)
Instructional Focus	Throwing and Catching (*milestone, targeted skill) Health Related Fitness FitnessGram	Striking with a Body Part (*milestone, targeted skill) Health Related Fitness FitnessGram	Striking with an Implement (*milestone, targeted skill) Health Related Fitness FitnessGram
	Varied Approaches for Throwing and Catching	Varied Approaches for Striking with Body Part	Varied Approaches for Striking with Implement
Skill Themes	Underhand Backhand Hammer Throw	Volleying Kicking Dribbling	Transition Fakes Creating space (offensive)
	Overhand Forehand	Serve Pass Set	Reducing space (defensive)
		Dominant Non-dominant Movement - finding open space/ being hard to guard Communication	
	Stations	Stations	Stations
Modified Activities	Targets Partners	Targets Partners	Targets Partners
1. No more than 5 people on a team	Use wall	Use wall	Use wall
2. No more than 2 classes in the gym at a time	Moving/stationary	Moving/stationary	Moving/stationary
3. Activities can vary due to: space, weather, equipment	Small Sided Activities That Involve Throwing & Catching	Small Sided Activities That Involve Striking With A Body Part (volleying, kicking, dribbling)	Small Sided Activities That Involve Striking With An Implement
	Ultimate Handball Flag Football Basketball Lacrosse Speedball Horseshoes Cooperative Games Student-designed Games	Volleyball Soccer Basketball Cooperative Games Student-designed Games	Tennis Ping Pong Badminton Pickle Ball Whiffle Ball Floor Hockey Field Hockey Cooperative Games Students-designed Games
Extension Activities	Netball, Rugby	Pateca	Rounders, Cricket
Equipment *Stations use less equipment	Balls (tennis, footballs, gator balls, Omnikin, etc) Frisbee Beanbags Cones	Balls (balloons, beach balls, soccer balls, volleyballs, Basketballs, tennis balls, etc) Cones Hula Hoops	Balls (ping pong ball, balloons, wiffle, hockey, tennis, birdie, etc) Cones Hula Hoops
(no more than 4 students per station)	Hula hoops Hoops	Nets	Nets Paddles

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	Nets		Racquets
	Lacrosse sticks		Bats
Rhythmic Activities	Varied Approaches for Rhythm, Dance, & Coordination	Varied Approaches for Rhythm, Dance, & Coordination	Varied Approaches for Rhythm, Dance, & Coordination
Equipment *Apparatus or non-apparatus *Individual, partner, and group	Dance Gymnastics Exergaming – Just Dance Geomotion Geomats	Dance Gymnastics Exergaming – Just Dance Geomotion Geomats	Dance Gymnastics Exergaming – Just Dance Geomotion Geomats
Health-Related Fitness *Variety of fitness activities *Aerobic and Anaerobic *Reinforce speed, agility, muscular strength and endurance, & cardiovascular endurance	Stations Target HR Fitness Plans Muscles/Bones Digital Scavenger Hunt Jump Rope/Yoga/Step Aerobics/Tae Bo Exergaming - Nintendo Wii, X-Box Kinect Geomotion Geomats F.I.T.T. Principle	Stations Target HR Fitness Plans Muscles/Bones Digital Scavenger Hunt Jump Rope/Yoga/Step Aerobics/Tae Bo/Dance Exergaming - Nintendo Wii, X-Box Kinect Geomotion Geomats F.I.T.T. Principle	Stations Target HR Fitness Plans Muscles/Bones Digital scavenger hunt Jump Rope/Yoga/Step Aerobics/Tae Bo/Dance Exergaming - Nintendo Wii, X-Box Kinect Geomotion Geomats F.I.T.T. Principle
FitnessGram *Opt out form *Required testing for each student 1 time per year *Do not let students see weight	Muscular Strength and Endurance Body Composition Cardiovascular Strength and Endurance Flexibility Height Weight	Muscular Strength and Endurance Body Composition Cardiovascular Strength and Endurance Flexibility Height Weight	Muscular Strength and Endurance Body Composition Cardiovascular Strength and Endurance Flexibility Height Weight

*Physical skills are introduced and practiced at different stages.

Elementary School Foundational Skills, knowledge & values



High School Lifetime-activities skills, knowledge & Values



<u>College/Career</u> <u>Ready</u> Physically active lifestyles