

Fulton County Schools Middle School Physical Education Curriculum

	6th Grade (Emerging: Students engage in controlled and varied tasks that lead to knowledge of milestone, targeted skill)	7th Grade (Maturing: Students are able to demonstrate milestone, targeted skill with accuracy and continue to improve the skill)	8th Grade (Applying: Students are able to demonstrate milestone, targeted skill with accuracy within physical activity setting)
Instructional Focus	Throwing and Catching (<i>*milestone, targeted skill</i>) Health Related Fitness FitnessGram	Striking with a Body Part (<i>*milestone, targeted skill</i>) Health Related Fitness FitnessGram	Striking with an Implement (<i>*milestone, targeted skill</i>) Health Related Fitness FitnessGram
Skill Themes	Varied Approaches for Throwing and Catching	Varied Approaches for Striking with Body Part	Varied Approaches for Striking with Implement
	Underhand Backhand Hammer Throw Overhand Forehand	Volleying Kicking Dribbling Serve Pass Set Dominant Non-dominant Movement - finding open space/ being hard to guard Communication	Transition Fakes Creating space (offensive) Reducing space (defensive)
Modified Activities 1. No more than 5 people on a team 2. No more than 2 classes in the gym at a time 3. Activities can vary due to: space, weather, equipment	Stations	Stations	Stations
	Targets Partners Use wall Moving/stationary	Targets Partners Use wall Moving/stationary	Targets Partners Use wall Moving/stationary
	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 (no more than 4 students per station)	Balls (tennis, footballs, gator balls, Omnikin, etc...) Frisbee Beanbags Cones Hula hoops Hoops	Balls (balloons, beach balls, soccer balls, volleyballs, Basketballs, tennis balls, etc...) Cones Hula Hoops Nets	Balls (ping pong ball, balloons, wiffle, hockey, tennis, birdie, etc...) Cones Hula Hoops Nets Paddles

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	Nets Lacrosse sticks		Racquets 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.*

