

NORTH MAC MIDDLE SCHOOL
CURRICULUM GUIDE

Teacher

Mrs. Brandie Mullink/Mr. Charlie Pohlman

Grade Level

6th – 8th Grade

Course

Physical Education

Course Aims

6th through 8th grade physical education department goals are to utilize basic skills learned in elementary physical education such as throwing, kicking, evading, running mechanics, etc. in more advanced organized games. Also, social skills become a bigger focus as we teach students sportsmanship, ability to deal with adversity, cooperation, communication and patience.

Course Description

North Mac Middle School Physical Education focuses on participation and instruction in a variety of games, including team sports, and fitness activities. Our intent is to build on previously learned fundamental skills from our elementary programs. The results are advanced skill development in organized games, an improved fitness level, socialization and cooperation among our students.

Textbook:

N/A

Assessment

See Attached Rubric

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QUARTER: **1st Quarter**

COURSE: 6th – 8th Physical Education

<i>Content</i>	<i>Assessment</i>	<i>Standards</i>	<i>ILS</i>	<i>Essential Questions</i>
<p>Flag Football Passing, Catching, Evading, Agility – Game Play Rules</p> <p>Soccer Kicking, Ball Control, Body Awareness – Game Play Rules</p> <p>Fitness Activities (Monday, Wednesday and Friday are fitness activity days, which include fitness walking, aerobics, yoga etc.)</p> <p>All activities focus on social skills including team work, sportsmanship, communication etc. Game Play Rules include strategies both offensive and defensive</p>	<p>Skills Rubrics</p> <p>Quizzes</p> <p>Daily Observations</p>	<p>State Goal 21.B</p> <p>State Goal 19</p> <p>State Goal 21.B.3</p> <p>State Goal 22.A.3a</p>		<p>What is a touchdown?</p> <p>How many downs does a team get before ball is turned over to opposing team?</p> <p>What is a goal?</p> <p>Describe proper way to throw in soccer ball if it goes out of play?</p> <p>What is a goal kick?</p>

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QUARTER: 2nd Quarter	COURSE: 6 th – 8 th Physical Education	

<i>Content</i>	<i>Assessment</i>	<i>Standards</i>	<i>ILS</i>	<i>Essential Questions</i>
<p>Ultimate Frisbee/Speed Ball Passing, Catching, Body Awareness (proper way to throw/catch a Frisbee-fingers up, thumbs down, wrist motion) – Game Play Rules</p> <p>Badminton Proper serving/smashing/hitting techniques characteristic of a racket sport – Game Play Rules</p> <p>Fitness Activities (Monday, Wednesday and Friday are fitness activity days, which include fitness walking, aerobics, yoga etc.)</p> <p>All activities focus on social skills including team work, sportsmanship, communication etc. Game Play Rules include strategies both offensive and defensive</p>	<p>Skills Rubrics</p> <p>Quizzes</p> <p>Daily Observations</p>	<p>State Goal 19.A.3 19.C.3A</p> <p>State Goal 20.A.3b</p> <p>State Goal 21.A.3b</p> <p>State Goal 22.A.3a</p>		<p>Describe proper way to throw Frisbee?</p> <p>Describe basic rules for play of ultimate Frisbee?</p> <p>Example: Can a player run with Frisbee?</p> <p>How is possession determined when Frisbee is not caught?</p> <p>What equipment is needed to play badminton?</p> <p>How many points does a badminton game consist of?</p> <p>How many players are needed for a game of badminton?</p>

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QUARTER: **3rd Quarter**

COURSE: 6th – 8th Physical Education

<i>Content</i>	<i>Assessment</i>	<i>Standards</i>	<i>ILS</i>	<i>Essential Questions</i>
<p>Volleyball Passing, Setting, Serving, Digging (students learn basic skills and terms) – Game Play Rules</p> <p>Skating Focus is on individual balance, starting and stopping with proper form, includes body awareness</p> <p>Fitness Activities (Monday, Wednesday and Friday are fitness activity days, which include fitness walking, aerobics, yoga etc.)</p> <p>All activities focus on social skills including team work, sportsmanship, communication etc. Game Play Rules include strategies both offensive and defensive</p>	<p>Skills Rubrics</p> <p>Quizzes</p> <p>Daily Observations</p>	<p>State Goal 19.A.3 19.A.4 19.C.3a</p> <p>State Goal 20.A 20.A.3b</p> <p>State Goal 21.A 21.A.3a</p> <p>State Goal 22.A.3a</p>		<p>What are 3 basic hits used in Volleyball?</p> <p>How many players are needed to make a team?</p> <p>What is the meaning of rally scoring?</p> <p>When skating list two basic rules?</p> <p>Example of answers:</p> <p>If I fall, I should get up immediately unless injured.</p> <p>Do not trip.</p> <p>Do not purposely run into another student.</p>

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QUARTER: **4th Quarter**

COURSE: 6th – 8th Physical Education

<i>Content</i>	<i>Assessment</i>	<i>Standards</i>	<i>ILS</i>	<i>Essential Questions</i>
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<p>Pickle Ball Proper serving/volleying techniques characteristic of a paddle sport – Game Play Rules</p> <p>Speedball Throwing, Kicking, Body Awareness, Shooting (basketball hoop used) – Game Play Rules</p> <p>Softball Catching, Batting, Throwing, Base Running – Game Play Rules</p> <p>Fitness Activities (Monday, Wednesday and Friday are fitness activity days, which include fitness walking, aerobics, yoga etc.)</p> <p>All activities focus on social skills including team work, sportsmanship, communication etc. Game Play Rules include strategies both offensive and defensive</p>		<p>State Goal 19 19.A.3 19.C 19.C.3a</p> <p>State Goal 20 20.A.3b</p> <p>State Goal 21 21.A.3b 21.B</p> <p>State Goal 22 22.A.3a</p>		<p>What equipment is used to play Pickle Ball?</p> <p>What are the serving boundaries for Pickle Ball?</p> <p>Describe the proper technique to serve a Pickle Ball?</p> <p>How many strikes and/or balls before a player is out or must walk to first base?</p> <p>How many bases are there in softball/baseball?</p> <p>How many positions in a regulation game of softball?</p>
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