

# Physical Education Curriculum

## **1. Main aspects of physical education at the middle school level.**

### **a. Agility**

**i. Foot quickness**

**ii. Transition of movements**

**iii. Coordination of movements**

### **b. Flexibility**

### **c. Speed**

### **d. Form running**

**i. Proper biomechanics**

**ii. Improved running efficiency**

**iii. Increased enjoyment of running and ease of running**

### **e. Coordination**

**i. Balance**

**ii. Eye-Hand**

**iii. Foot-Hand**

### **f. Endurance/Cardiovascular aspects**

**i. Jumping rope**

**ii. Exercise bikes/stairclimbers**

**iii. PACER**

**iv. Distance running**

### **g. Power**

**i. Strength training**

**1. Fitness stations**

**2. Body weight exercises – push-ups, pull-ups, squats, etc.**

**3. Medicine ball training**

**ii. plyometrics for beginners**

### **h. Knowledge of healthy lifestyles**

- i. Awareness of body image**
- ii. Nutrition**
- iii. Basic health/exercise training principles**
- i. Sportsmanship**
  - i. Being a leader and/or follower**
  - ii. Acceptance of roles**
  - iii. Working within the framework of a TEAM**
  - iv. Camaraderie/support/encouragement**

## **Physical Education Activities**

- 1. Flag Football**
- 2. Volleyball**
- 3. Basketball**
- 4. Badminton**
- 5. Soccer**
- 6. Floor Hockey**
- 7. Whiffleball/Softball**
- 8. Matball/Kickball**
- 9. Dodgeball**
- 10. Pickleball**
- 11. Flickerball**
- 12. Newcombe**
- 13. Relays**

## **Fitnessgram Testing**

- 1. PACER**
- 2. Curl-ups (crunches)**
- 3. Push-ups**
- 4. Flexed Arm Hang**
- 5. Sit and Reach**
- 6. Mile Run**
- 7. Shoulder Flexibility**