

**Middle School Physical Education
Course Description**

First Trimester	Second Trimester	Third Trimester
<p>Guiding questions: How can being physically fit benefit me? What physical skills can I learn from these activities? What life skills can I learn from being part of a team or a participant in an individual sport?</p>	<p>Guiding questions: What personal gains have I made physically from the activities? How are these gains benefitting me? What other skills am I taking away from my participation and effort?</p>	<p>Guiding questions: What overall improvement has taken place physically for myself? What other important skills have I gained from my participation in a sport or in PE class?</p>
Focus:	Focus:	Focus:
<p>Specific skill building according to chosen sport or specific physical component building in class.</p> <p>6th grade- An introduction to a variety of different exercises and/or sports occurs.</p> <p>7th grade- A basic foundation of skills and a willingness to accept new challenges have begun to appear.</p> <p>8th grade- Leadership skills are emerging and fitness level/skills are fundamentally sound.</p>	<p>Continued specific skill building according to chosen sport or specific physical component building in class.</p>	<p>Specific skill building according to chosen sport or specific component building in class.</p>
Texts:	Texts:	Texts:
<p>In lieu of a textbook, students use a variety of resources including fitness apps, fitness videos, on-line materials, music to motivate, inspiring quotes, stories.</p>	<p>In lieu of a textbook, students use a variety of resources including fitness apps, fitness videos, on-line materials, music to motivate, inspiring quotes, stories.</p>	<p>In lieu of a textbook, students use a variety of resources including fitness apps, fitness videos, on-line materials, music to motivate, inspiring quotes, stories.</p>