



School District of Marshfield **Course Syllabus**

Course Name: Physical Education- Middle School

Length of Course: Semester

Credits: 1/2

Course Description:

This course focuses on the development of skills and knowledge of movement that provides a foundation for enjoyment, continued social development, and access to a physically active lifestyle. Student's ability to manage their own behavior is reinforced to support safe practices and individual development. Appropriate active wear for both warm weather (t-shirts, shorts) and cool weather (second layer of sweats/wind suits) are required, as well as athletic shoes and socks.

Learning Targets:

- Adventure
 - Use correct procedures, commands, and cooperation while assisting in Team Belay.
- Archery
 - Shoot an arrow using a bow using correct form and technique based on the 11 steps to archery success.
- Badminton
 - Demonstrates correct overhead and underhand clear.
 - Begins in ready position and demonstrates correct grip.
 - Moves, turns and rotates shoulders towards the shuttle.
 - Strikes the shuttle in correct hitting zone.
 - Demonstrates correct follow-through.
 - Moves back into ready position for a returned shuttle.
- Basketball
 - Makes a leading pass and/or catches a leading pass from group members, while demonstrating a 3-person weave, with less than 2 mistakes or violations (ex. Travelling, dropped pass, bad pass, etc.) for 6 lengths of the basketball court.
- Dance
 - Follow an instructor using both arm motions and correct steps to music and create an intermediate rhythmic pattern.

- Demonstrates respect for teacher and peers, the equipment, and participates 100% of the time.
- Fitness Testing
 - Participates and completes fitness tests
- Flag Football
 - Describes the critical elements on the game of flag football (basic rules, understanding of game concepts, etc.)
- Heart Rate Monitors
 - Student exercises with a heart rate monitor with average heart rate in target zone (130-180) for 90% of recorded days, and minimum of 15:00 of "in zone" time.
- Lacrosse
 - Describes the critical elements on the game of Lacrosse (hand placement on stick, basic rules, understanding of game concepts, etc.)
- Pedometers
 - Monitors physical activity through the use of pedometers, by achieving a minimum of 2,000 steps/per 30 minutes
- Rollerblading
 - Skates with large group safely and demonstrates starting and stopping skills on cue, while in control and within a reasonable time and distance, with 2 or less mistakes and/or safety violations, without falling.
- Soccer
 - Dribbles a soccer ball while preventing an opponent from stealing it during a game-type situation.
- Softball
 - Demonstrates ability to catch a thrown ball with mitt/glove, transfers ball to throwing hand and uses proper mechanics, while demonstrating both catching and throwing techniques.
- Tennis
 - Demonstrates correct forehand and backhand stroke.
 - Begins in ready position and demonstrates correct grip.
 - Moves, turns and rotates shoulders towards the ball.
 - Strikes the tennis ball in correct hitting zone.
 - Demonstrates correct follow-through.
 - Moves back into ready position for a returned ball.
- Volleyball
 - Demonstrates a forearm pass or overhead set during a game-type situation (ex. knowing when to use the correct skill).
- Weight Training
 - Identify 10 major muscles and select an exercise that will isolate and work that specific muscle. (ex. Pectoral muscle/bench press)

- Define and/or match definitions of basic weight training terms and concepts (FITT principle, repetitions, sets, muscle strength, muscle endurance, etc.)

First 9 weeks

****Note:** Certain units are weather dependent, adjustments may be necessary due to inclement weather******

1. Classroom Management (2-3 days) **EVERY YEAR**
 - a. Course syllabus
 - b. Gym locker assignments
 - c. Rules, procedures, etc.
2. Adventure/Climbing Unit (2-3 weeks) **EVERY YEAR**
 - a. Team building and trust activities/games
 - b. Small group challenges
 - c. Problem solving activities
 - d. Low-rope challenges
 - e. High-rope challenges
 - f. Safety
3. Tennis (1-2 weeks) **ODD YEAR**
 - a. Basic skill development (ready position, serving, forehand, backhand, volley)
 - b. Tennis etiquette and rules
 - c. Court positioning, game strategy, etc.
 - d. Scoring and game play
4. Soccer (1-2 weeks) **ODD YEAR**
 - a. Advanced skill development (dribbling, goalie skills, punting, passing, etc.)
 - b. Field positioning and strategies
 - c. Demonstrates basic understanding of rules, terms, and sportsmanship
5. Flag Football (1 week) **EVEN YEAR**
 - a. Skill development (passing, agility, running routes, teamwork)
 - b. Safety guidelines
 - c. Rules and procedures for game play
 - d. Player positioning and strategies/concepts of offense/defense.
6. Softball (1 week) **EVEN YEAR**
 - a. Skill development (overhand throwing, catching, batting, base running, pitching etc.)

- b. Rules and terminology
 - c. Player positioning and basic strategies for slow pitch softball game
7. Volleyball (1-2 weeks) **EVEN YEAR**
- a. Basic skill development (underhand/overhand serving, forearm pass, overhead set)
 - b. Court positioning, ready position, player rotations
 - c. Scoring (traditional vs. rally)
 - d. Terminology and rules
8. Badminton (1-2 weeks) **EVEN YEAR**
- a. Basic Skill development (forehand/backhand clears, serving, smash, drop shot, etc.)
 - b. Rules and terminology
 - c. Court positioning
 - d. Scoring (singles and doubles)
 - e. Game play
9. Heart Rate Monitors or Pedometers (1-3 times per week throughout the semester, when appropriate with unit(s) **EVERY YEAR**
- a. Demonstrates how to use a heart rate monitor (able to put on monitor and use functions of watch)
 - b. Understands terminology
 - c. Records daily heart rate monitor or pedometer data in training logs
10. Fitness Testing (1 week) **EVERY YEAR**
- a. Formal testing conducted on Trifit (computer based test)
 - b. Height and Weight (Body Composition)
 - c. 20 Meter Pacer Test, Mile Run (aerobic fitness tests)
 - d. Push-ups, Curl-ups, Trunk Lift (muscle strength and endurance tests)
 - e. Sit-and-reach and shoulder stretch (flexibility tests)

Second 9 weeks

1. Basketball (2-3weeks, alternate every other day with Weight Training) **ODD YEAR**
- a. Basic skills (dribbling, ball handling, passing, shooting)
 - b. Basketball rules and terminology
 - c. Combination drills (3 person weave, etc.)
 - d. Screens, Defensive strategy, Offensive movement, advanced basketball skills

- e. 3-on-3 game play, 5-on-5 game play
- 2. Weight Training and Fitness Unit (2-3 weeks, alternate every other day with Basketball/volleyball) **EVERY YEAR**
 - a. FITT principle (Frequency, Intensity, Time, and Type) guidelines to fitness
 - b. Major muscle groups and common exercises for each muscle
 - c. Weight training safety and guidelines for teens
 - d. Setting goals based on current fitness levels
 - e. Keep a training log (sets, reps, lbs.)
- 3. Rollerblading (1 week) **EVERY YEAR**
 - a. Safety guidelines, importance of protective gear, and how to put on skates correctly
 - b. Basic skills of rollerblading (starting and stopping)
 - c. Rules of the road (sidewalk, intersections, pedestrian safety, etc.)
- 4. Archery (1 week) **EVERY YEAR**
 - a. Safety guidelines and commands for archery range
 - b. Parts of a bow and arrow
 - c. 11 steps to archery success (shooting progression)
 - d. Archery scoring and games
- 5. Dance (1 week) **EVERY YEAR**
 - a. Line Dances
 - b. Mixers
 - c. Current and popular local dances
- 6. Lacrosse (1-2 weeks) **ODD YEAR**
 - a. Basic Skill development
 - b. Safety guidelines
 - c. Rules, terminology, field positioning
 - d. Game play with peers
- 7. Classroom Management (1-2 days) **EVERY YEAR**
 - a. End of semester details
 - b. Clean out gym lockers
 - c. Final exam

Required Resources:

- Student Resources
 - Appropriate fitness clothing for all weather conditions:
 - Shorts, t-shirts, tennis shoes, socks

- Sweat pants and/or athletic pants, sweatshirt
- Winter apparel (when needed)
- Heart Rate Monitor Strap