

## Bedford County Curriculum Map - Middle School PE

<b>Sport/Activities</b>	<b>Strand</b>	<b>Time</b>	<b>Sol</b>	<b>Essential Knowledge</b>
<i>Physical Fitness</i> (Pull-ups, V Sit-and-Reach Mile Run, Sit-ups, Shuttle Run)	Personal Fitness	Aug/Mid-Sept.	6.3,7.3,8.4	<ol style="list-style-type: none"> <li>1. Develop and maintain personal fitness plan (Goals, strategies, activates, and safety)</li> <li>2. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers)</li> </ol>
<i>Football</i> (Drills, Skills, Lead-up Games, Flag and Ultimate Football games)	Responsible Behavior Skilled Movement Movement Prin./Concepts Physically Active Lifestyle	Mid-Sept/Oct.	6.4,7.4,8.5 6.1,7.1,8.1 6.2,7.2,8.3 6.5,7.5,8.6	<ol style="list-style-type: none"> <li>1. Follow guidelines and rules</li> <li>2. Provide Info. to improve indiv. or group performance.</li> <li>3. Accept various points of view.</li> <li>4. Demo. sport competency</li> <li>5. Progress to more complex games.</li> <li>6. Understand apply critical elements to skill performance.</li> <li>7. Demo. offensive and defensive tactics</li> <li>8. Develop and maintain personal fitness plan (Goals, strategies, activates, and safety)</li> <li>9. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers)</li> <li>10. Participate in physical activity in and out of school on regular basis.</li> </ol>
<i>Dance</i> (Tae-bo, Cha Cha Slide, Macarena, Electric Slide, Chicken Dance, Limbo, Line Dancing)	Skilled Movement Movement Prin./Concepts Physically Active Lifestyle	Nov.	6.1,7.1,8.1,8.2 6.2,7.2,7.5,8.3 7.5,8.6	<ol style="list-style-type: none"> <li>1. Perform dance and rhythmic sequences using basic social and international dance steps and patterns.</li> <li>2. Demo. Dance competency</li> <li>3. Participate in physical activity in and out of school on regular basis.</li> </ol>

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<b>Basketball</b> (Drills, Skills, Lead-up games, Basketball Games)	Responsible Behavior Skilled Movement Movement Prin./Concepts Physically Active Lifestyle	Mid.Nov/Jan	6.4,7.4,8.5 6.1,7.1,8.1 6.2,7.2,8.3 6.5,7.5,8.6	1. Follow guidelines and rules 2. Provide Info. to improve indiv. or group performance. 3. Accept various points of view. 4. Demo. sport competency 5. Progress to more complex games. 6. Understand apply critical elements to skill performance. 7. Demo. offensive and defensive tactics 8. Develop and maintain personal fitness plan (Goals, strategies, activates, and safety) 9. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers) 10. Participate in physical activity in and out of school on regular basis.
<b>Volleyball</b> (Drills, Skills, Lead-up games, Volleyball Games)	Responsible Behavior Skilled Movement Movement Prin./Concepts Physically Active Lifestyle	Mid Jan./Feb.	6.4,7.4,8.5 6.1,7.1,8.1 6.2,7.2,8.3 6.5,7.5,8.6	1. Follow guidelines and rules 2. Provide Info. to improve indiv. or group performance. 3. Accept various points of view. 4. Demo. sport competency 5. Progress to more complex games. 6. Understand apply critical elements to skill performance. 7. Demo. offensive and defensive tactics 8. Develop and maintain personal fitness plan (Goals, strategies, activates, and safety) 9. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers) 10. Participate in physical activity in and out of school on regular basis.

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<i>Cooperative Indoor Games</i> (Broomball, handball, badminton, speedball)	Responsible Behavior Skilled Movement Movement Prin./Concepts Physically Active Lifestyle	Mar./Apr.	6.4,7.4,8.5 6.1,7.1,8.1 6.2,7.2,8.3 6.5,7.5,8.6	1. Follow guidelines and rules 2. Provide Info. to improve indiv. or group performance. 3. Accept various points of view. 4.Demo. sport competency 5. Progress to more complex games. 6.Understand apply critical elements to skill performance. 7.Demo. offensive and defensive tactics 8..Develop and maintain personal fitness plan (Goals, strategies, activates, and safety) 9. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers) 10. Participate in physical activity in and out of school on regular basis.
<i>Physical Fitness Final Assessment</i> (Pull-ups, VSit-and-Reach Mile Run, Sit-ups,Shuttle Run)	Personal Fitness	April	6.3,7.3,8.4	1.Develop and maintain personal fitness plan (Goals, strategies, activates, and safety) 2. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers)
<i>Softball</i> (Drills,Skills, Lead-up games, Softball Games)	Responsible Behavior Skilled Movement Movement Prin./Concepts Physically Active Lifestyle	MidApr./MidMay	6.4,7.4,8.5 6.1,7.1,8.1 6.2,7.2,8.3 6.5,7.5,8.6	1. Follow guidelines and rules 2. Provide Info. to improve indiv. or group performance. 3. Accept various points of view. 4.Demo. sport competency 5. Progress to more complex games. 6.Understand apply critical elements to skill performance. 7.Demo. offensive and defensive tactics 8..Develop and maintain personal fitness plan (Goals, strategies, activates, and safety) 9. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers) 10. Participate in physical activity in and out of school on regular basis.

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<p>Soccer (Drills, Skills, Lead-up games, Soccer Games)</p>	<p>Responsible Behavior Skilled Movement Movement Prin./Concepts Physically Active Lifestyle</p>	<p>Mid May/End</p>	<p>6.4,7.4,8.5 6.1,7.1,8.1 6.2,7.2,8.3 6.5,7.5,8.6</p>	<ol style="list-style-type: none"> <li>1. Follow guidelines and rules</li> <li>2. Provide Info. to improve indiv. or group performance.</li> <li>3. Accept various points of view.</li> <li>4. Demo. sport competency</li> <li>5. Progress to more complex games.</li> <li>6. Understand apply critical elements to skill performance.</li> <li>7. Demo. offensive and defensive tactics</li> <li>8. Develop and maintain personal fitness plan (Goals, strategies, activates, and safety)</li> <li>9. Identify and employ resources of personal fitness. (Pulse monitors, pedometers, calipers)</li> <li>10. Participate in physical activity in and out of school on regular basis.</li> </ol>
<p>***Transition Games (Prison Ball, Whiffle Dodge ball, Mousetrap, etc.)</p>	<p>***To be used as filler activities due to unforeseen circumstances. (May be used at any time throughout the year)</p>			

## Bedford County Curriculum Map - Middle School PE

<b>Resource/Equipment</b>
Presidential Fitness Equipment, Pull-up bar, Track V-Sit and Reach
Footballs,Flags,Cones,Pinnies, Field Space,
Sound System, CD's, tapes

## Bedford County Curriculum Map - Middle School PE

<b>Resource/Equipment</b>
Basketballs, Cones, Pinnies, Basketball Goals
Volleyballs, Net, Beach Balls Slowmo Balls

## Bedford County Curriculum Map - Middle School PE

<b>Resource/Equipment</b> Badminton racquets & birdies, brooms, broomball, Rhino balls, pinnies
Presidential Fitness Equipment, Pull-up bar, Track V-Sit and Reach
Softballs, Bats, gloves, field, bases

## Bedford County Curriculum Map - Middle School PE

<b>Resource/Equipment</b>
Soccer balls, Cones, Pinnies, Soccer Goals