BERMUDIAN SPRINGS SCHOOL DISTRICT Girls Middle School Physical Education - Year-Long Curriculum Map



Feb. Aug. Sept. Oct. Nov. Dec. Jan. Mar. May Apr. 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 UNIT/Week 2 3 4 5 6 Introductory Lesson P.E. (Physical Activity, variety, regular participation, enjoyment, social experience, teamwork, etiquette, and adherence to rules) Soccer (Teamwork, transfer skills, give and go, movement efficiency) Field Hockey (one on one, peer communication, application of force, safety) Cross Country (cardiorespiratory endurance, muscular endurance, engaging in moderate to vigorous activity) Fitness Testing (assessment, heart rate monitoring, blood pressure, flexibility, body composition, muscular strength, product "outcome/result") Weight Lifting (levers, application of force, community resources, time on task) Volleyball (teamwork, Newton's Laws of Motion, balance, flight, practice vs. skill) Dance (basic movement skills, movement sequences, relevant cues, leading/following)

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Basketball (Teamwork, transfer skills, give and go, movement efficiency)																										
Tennis (application of force, give and go, movement efficiency, flight, flexibility, Newton's laws of motion)																										
Track and Field (Muscular Strength/Endurance, safety, application of force, flight)																										
Softball (teamwork, etiquette, balance, safety, motor skill improvement)																										

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