

Reading Public Schools

Instilling a joy of learning and inspiring the innovative leaders of tomorrow



Physical Education and Wellness

Grade: 6, 7, and 8

Program of Studies

The goal of the Middle School Physical Education and Wellness course is to give students a wide variety of activities that will lead them to finding something they can make a lifelong activity. We provide both team and individual sports, as well as challenge course activities, focusing cooperation and teamwork. Throughout the year the activities are set up to meet the national standards, while working on full student engagement.

National Standards

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

For a full list of standards: <https://www.shapeamerica.org/standards/pe/>

Skills

Students will be able to:

- demonstrate competency in a variety of motor skills and movement patterns.
- apply the concepts, principles, strategies and tactics related to movement and performance.
- demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- exhibit responsible personal and social behavior that respects self and others.





Units	Essential Questions	Key Activities
1. Introduction	<ul style="list-style-type: none"> Why is physical activity an important component of life? 	Understanding expectations and safety procedures for the gymnasium and physical education program.
2. Challenge Course Activities: In this unit students will work together on ground level and low level challenge course activities.	<ul style="list-style-type: none"> How does cooperation and communication help to improve overall health and wellness? 	Work with classmates to achieve goals. "Challenge by Choice" is implemented with classes.
3. The Striking Unit: In this unit students will use a variety of implements to strike at stationary and mobile objects.	<ul style="list-style-type: none"> What are the benefits of playing a striking game? How can a striking game be a healthy pastime? 	Striking with accuracy and move quickly around the bases. Communicate the benefits of a striking game. <i>Examples: Kickball, Wiffleball, Boomerball, Tennyball</i>
4. The Target Unit: In this unit students will be able to decipher between accuracy and power aim towards a stationary target.	<ul style="list-style-type: none"> How are these activities be considered lifeline activities? What are the benefits of playing? 	Demonstrate the ability to hit a target using an object. Understand how these activities can be played throughout life. <i>Examples: Kan Jam, Bowling, Golf</i>
5. The Invasion Games unit: In this unit students will learn how to create and defend space in a variety of games.	<ul style="list-style-type: none"> What are the rules, skills, and strategies needed? How do invasion games increase one's agility? How does teamwork affect game play? 	Soccer skills of dribbling, passing, and shooting. Handball skills of passing and moving to open space. Understand the need to communicate with team members to be successful. <i>Examples: Speedball, Capture the flag, Handball, Lacrosse, Soccer</i>
6. The Net Games Unit: In this unit students will send an object over a net by striking with an implement or hand in order to score on their opponent.	<ul style="list-style-type: none"> What are common strategies found in all net games? What are the rules, skills and strategies involved in volleyball? How does teamwork and sports person-ship affect game play? How is a tennis a lifetime activity? 	Volleyball: serving, bump pass, moving to open space. Pickleball: serving, volley, and groundstrokes Hand tennis: serving, volley, and groundstrokes. Understand how these activities are lifetime activities. <i>Examples: Volleyball, Nitroball, Badminton, Pickleball, Hand tennis</i>
7. The Backyard Games Unit: In this unit students will learn the rules and scoring of common backyard games.	<ul style="list-style-type: none"> Why do we play games? How are these activities lifelong activities? How can cornhole be a healthy pastime? 	Demonstrate the ability to get an implement into or onto a target. Understand how these activities are lifelong activities. <i>Examples: Spikeball, Cornhole, Ladder game</i>