

Middle School 6th-8th

Date: 2007-08

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Racket/Paddle Sports Tennis Racketball Ping Pong	1. Perform various skills necessary to participate in the sport Stricking with racket or paddle (Forhand/backhand) Serving	19.A.3	Introduce- 6th Reinforce- 7th-8th	2
1. Skills 2. Rules 3. Game Strategies	2. Apply rules and safety procedures in physical activities	19.C.3a	Reinforce- 6th-8th	2
	3. Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	5,6

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Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Soccer Football Speedball Flickerball (BSMS) Team Handball	1. Perform various skills necessary to participate in the sport Kicking/Shooting Punting Passing/Catching Dribbling (foot/air) Running Trapping Throw-in (soccer)	19.A.3	Mastery	2
	2. Apply rules and safety procedures in physical activities	19.C.3a	Reinforce- 6th-8th	2
1. Skills 2. Rules 3. Game Strategies	3. a-Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	2,5,6

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Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Softball	1. Perform various skills necessary to participate in the sport Throwing/Catching Stricking with bat Running	19.A.3	Master	2
	2. Apply rules and safety procedures in physical activities	19.C.3a	Mastery	2
1. Skills 2. Rules 3. Game Strategies	3. a-Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	2,5,6

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Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Basketball	1. Perform various skills necessary to participate in the sport Passing/Catching Running Dribbling	19.A.3	Master	2
	2. Apply rules and safety procedures in physical activities	19.C.3a	Mastery	2
1. Skills 2. Rules 3. Game Strategies	3. a-Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	2,5,6

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Volleyball	1. Perform various skills necessary to participate in the sport Passing (Setting, Bumping) Spiking Serving Running	19.A.3	Mastery	2
	2. Apply rules and safety procedures in physical activities	19.C.3a	Mastery	2
1. Skills 2. Rules 3. Game Strategies	3. a-Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	2,5,6

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Floor Hockey Lacrosse (BCMS)	1. Perform various skills necessary to participate in the sport Passing/Trapping Shooting on goal Dribbling with stick Running	19.A.3	Mastery	2
	2. Apply rules and safety procedures in physical activities	19.C.3a	Reinforce- 6th-8th	2
1. Skills 2. Rules 3. Game Strategies	3. a-Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	2,5,6

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Track and Field	1. Perform various skills necessary to participate in the sport Running Jumping Throwing	19.A.3	Mastery	2
	2. Apply rules and safety procedures in physical activities	19.C.3a	Reinforce- 6th-8th	2
1. Skills 2. Rules 3. Game Strategies	3. a-Apply basic offensive,defensive and cooperative strategies in selected activies and sports b- Team building and working with others	19.C.3b 21	Reinforce- 6th-8th	2,5,6

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Weight Training	1. Perform various skills necessary to participate in the activity Lifting Pulling Pushing	20.A.3b	Introduce	4
	2. Apply rules and safety procedures in physical activities	19.C.3a 20.B.3a	Introduce	2,4
1. Skills 2. Rules/Safety 3. Personal fitness	3. -Appy weight training priciples to personal goals	20.B.3b 20.C.3a	introduce	4,6

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Tumbling	1. Perform various skills necessary to participate in the activity Balance Stands Body and space awareness	19.A.3	Reinforce- 6th-8th	2
1. Skills 2. Rules	2. Apply rules and safety procedures in physical activities	19.C.3a	Reinforce- 6th-8th	2

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Recreational Games Golf Frisbee BCMS Bowling Shuffle Board Badminton Ping Pong BSMS Bean Bag Bocce Ball	1. Perform various skills necessary to participate in life long leisure time activity	19.A.3	Reinforce- 6th-8th	2
1. Skills 2. Rules 3. Team Building	2. Apply rules and safety procedures in physical activities	19.C.3a	Reinforce- 6th-8th	2
	3. Working cooperatively with others in both competitive and non-competitive situations	21	Reinforce- 6th-8th	5,6

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Rhymic Movement	1. Perform various movements necessary to develop an appreciation and basic understanding of Dance	19	Introductory	1,2
	2. Folk, Square, Line, Social Dance, and Current	19.A & B	Introductory	1,2
1. Skills	3. a-Basic steps to partner dances	19	Introductory	1,2,5,6
2. Dance Styles	b- Team building and working with others - choreography	21		
3. Team Building				

Sport/Unit	Skills	II. Standards	Level of Mastery	National Learning Standards
Health Enhancing Fitness	*Identifying principles	20.A.3a	Introductory	4
Muscular Strength	*Participate in health related	20.A.3b		
Muscular Endurance	fitness activities (FITT)	20.B.3a		
Cardio-respiratory	*Monitor intensity of exercise			
Flexibility				
Agility				
	Apply rules and safety procedures in physical activities	19.C.3a	Introductory	2
	Develop personal fitness goals	20.B.3b	Introductory	
		20.C.3a		
		20.C.3c		4,6
	Promote Community Wide Physical Activities	20.C.3b	Introductory	3,4,6