



Physical Education Curriculum – Middle Level

May 2007

Introduction

Physical Education Curriculum

Physical Education at Baker Demonstration School is a time for children to learn through the physical, with emphasis on activities encouraging teamwork, cooperation and skill development. The physical education program has been developed to allow maximum participation in all activities and to provide optimum physical, emotion and intellectual growth for each student.

The goals for physical education and health foster workplace skills, including identifying short and long term goals, following directions, and working cooperatively with others. Problem solving, communication, responsible decision making, and team-building skills are a major emphasis as well. Healthy minds and bodies are basic to academic success and in later life enhance the ability to contribute to a productive work environment.

Concepts

Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity

Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment

Develop team-building skills by working with others through physical activity

Skills and Processes

- Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative patterns in selected activities, games and sports
- Compare and contrast efficient and inefficient movement patterns
- Identify and apply rules and safety procedures in physical activities
- Identify offensive, defensive and cooperative strategies in selected activities games and sports
- Identify principles of training: frequency, intensity, time and type (FITT)
- Identify and participate in activities associated with the components of health-related fitness
- Monitor intensity of exercise through a variety of methods (e.g., perceived exertion, pulse monitors, target heart rate) with and without the use of technology
- Evaluate the strengths and weaknesses of a personal fitness profile.
- Set realistic short-term and long-term goals for a health related fitness component
- Identify opportunities within the community for regular participation in physical activities
- Follow directions and decisions of responsible individuals (e.g., teachers, peer leaders, squad leaders)
- Participate in establishing procedures for group physical activities.
- Remain on task independent of distraction (e.g., peer pressure, environmental stressors)
- Work cooperatively with others to accomplish a set goal in both competitive and non-competitive situations (e.g., baseball, choreographing a dance)