



CARY ACADEMY

MIDDLE SCHOOL

PHYSICAL EDUCATION & HEALTH CURRICULUM

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Middle School Curriculum

Physical Education: 6th Grade

TRIMESTER 1

- Distribution of uniforms, locks, locker assignments, course overview
- **Big Games/Ice Breakers:** Initial skill assessment
- **Focus on throwing and catching** Over-hand throwing with proper form and technique. Throwing while stationary, throwing with movement, throwing with speed, throwing to a stationary target, throwing to a moving target, and throwing while moving to both a stationary and moving target. Catching with one hand, catching with two hands, catching while stationary, catching while moving, catching when at top speed. Communication while catching. "I got it".
- **Transferring throwing and catching skills into game situations.** Combining skills with competitive games situations to practice consistency, accuracy, communication, teamwork, and sportsmanship
- **Personal Fitness:** testing students in the 50-yard dash, quarter mile, ½ mile, smile, huttle run, push-up, sit-ups, broad jump, and 100- yard dash. (*FC: all)
- **Big Games (Blue and White):** Kickball, matball, variations; Carolina Ball; frisbee tip-it, CA Cone Ball, handball, capture the flag, etc. (*FC: all)
- **Football:** Flag, touch, variations; introductory skills, practice and games (*FC: muscle strength and cardiovascular)
- **Scooter / Relay Activities:** Fitness testing (*FC: all)
- **Wrestling (boys only):** With CA wrestling coaches (*FC: all)
- **Create-a Dance (girls only)** (*FC: all)

TRIMESTER 2

- **Special Event:** Basketball frenzy, relays, etc. (*FC: all)
- **Handball:** Introductory skills, practice and games (*FC: muscle strength, cardiovascular)
- **Racquet Sports:** Pickleball, speedminton, and table tennis on 3 week rotation; introductory skills, practice and tournament (*FC: muscle strength)
- **Basketball:** Introductory skills and practice; tournament with 3 vs 3 and 5 vs 5 (*FC: all)
- **Fitness Circuit Training:** Agility, plyometrics (*FC: all)
- **Special Event Week:** Blue and White team competition (*FC: all)
- **Review of throwing and catching games from Trimester 1:** Carolina ball, handball, CA Cone Ball, kickball, etc.
- **Fitness Testing:** (*FC: all)
- Student Choice Week

TRIMESTER 3

- **Create-A-Game Project:** 2-3 weeks (*FC: to be determined by students)
- **Wiffle Ball and Indoor Soccer:** Skill review and games
- **Big Games:** Capture the Flag, Carolina Ball, Cricket (*FC: all)
- **Personal Fitness:** retest individual fitness tests
- **Volleyball:** Introduction of skills and game play - variations one bounce
- **Outdoor Games / Student Choice:** Four square, wall ball, corn hole, etc. (*FC: all)
- **Disc Golf:** Introductory skills and practice; team competition (*FC: all)
- **Special Event Week:** Blue and White team competition (*FC: all)
- Lock collection, locker clean-out

*FC = Fitness Component, refers to the component of fitness that is the focal point of the unit (muscle strength, muscle endurance, cardiovascular, flexibility)



Middle School Curriculum

Physical Education: 6th Grade Health

HUMAN DEVELOPMENT UNIT

This unit is designed to help students understand their personal development as it relates to overall patterns of human growth. As an outcome of this unit of study, students will be able to:

- o Locate and label the organs belonging to the male reproductive and female reproductive systems and describe their function
- o Describe how human production occurs from fertilization to birth
- o Define puberty and describe the changes in the male and female anatomy and physiology during puberty
- o Describe the menstrual cycle and identify the relationship to reproduction
- o Describe how heredity influences human development
- o Describe different kinds of family structures
- o Analyze how gender and society influence the way we view ourselves



Middle School Curriculum

Physical Education: 7th Grade

TRIMESTER 1

Distribution of uniforms, locks, locker assignments, course overview

- **Big Games/ Skill Reviews:** (*FC all)
- **Personal Fitness Testing:** Review of fitness components
Lab #1: Heart Rate, Resting Heart Rate, Target Heart Rate, Maximum Heart Rate
- **Tennis:** Review of skills and tournaments (*FC: muscle strength, cardiovascular)
- **Volleyball:** Review of skills and tournaments (*FC: muscle strength and endurance)
Lab #2: Fitness Components - Muscle strength, Muscle endurance, Cardiovascular Fitness
- **Big Games (Blue and White):** Kickball, matball, variations; Carolina ball; line soccer; agility and plyometrics (*FC: all)
- **Football:** Flag, touch, and variations (*FC: muscle strength and cardiovascular)
- **Scooter / Relay Activities:** Fitness testing (*FC: all)
Lab #3: Create a warm-up
- **Soccer:** Review of skills, practice and games (*FC: all)
- **Wrestling (boys only):** With CA wrestling coaches (*FC: all)
- **Weight Room or Dance (girls only)** (*FC: all)

TRIMESTER 2

- **Special Event:** Basketball frenzy competition (*FC: all)
- **Weight Room:** Introduction to available modalities (*FC: all)
- **Handball:** Skill review and round-robin competition (*FC: muscle strength, cardiovascular)
- **Fitness Activities:** (*FC: cardiovascular)
- **Racquet Sports:** Pickleball, speedminton, and table tennis on 3 week rotation; round-robin tournaments (*FC: muscle strength)
- **Basketball:** Review of skills and practice; tournament with 3 vs 3 and 5 vs 5 (*FC: all)
- **Special Event Week:** Blue and White team competition (*FC: all)
- **Fitness Testing:** (*FC: all)
- **Student Choice Week**

TRIMESTER 3

- **Floor Hockey:** Review of skills and games (*FC: muscle strength and endurance)
- **Wiffle Ball and Indoor Soccer:** Skill review and games (*FC: all)
- **Big Games:** Capture the Flag, Carolina Ball, Cricket (*FC: all)
- **Personal Fitness:** Agility, plyometrics; (*FC: all)
- **Softball:** Skill review, practice and games (*FC: all)
- **Track and Field:** Skill review and practice; track meet (*FC: all)
- **Outdoor Games / Student Choice:** Four square, wall ball, corn hole, horseshoes, etc. (*FC: all)
- **Disc Golf:** Skill review, practice and games (*FC: muscle strength and endurance)
- **Soccer:** Skill review, practice and games (*FC: all)
- **Lock collection, locker clean-out**

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Middle School Curriculum

Physical Education: 7th Grade Health

PHYSICAL FITNESS UNIT

This unit is designed to help students understand the importance of physical fitness and the steps they can take toward becoming more physically fit. As an outcome of this unit of study, student will be able to:

- Define physical activity and describe the short and long-term benefits of regular physical activity
- Identify the four components of fitness: cardiovascular fitness, muscle strength, muscle endurance and flexibility
- Distinguish between aerobic and anaerobic exercise and provide examples of each
- Find, record and monitor individual heart rate (pulse) in self and others with and without the use of technology
- Determine resting heart rate, target heart rate and maximum heart rate and use these to evaluate rate of exertion/exercise intensity
- Define body composition and identify related social pressures
- Describe how level of physical activity can impact body composition
- Identify principles of training/conditioning: intensity, duration, frequency
- Identify and apply safety rules and practices during physical activity to avoid injury
- Create an individual fitness plan that applies the components of fitness and principles of training

NUTRITION UNIT

This unit is designed to help students understand the importance of good nutrition and what they can do to develop healthy eating habits. As an outcome of this unit of study, student will be able to:

- Name the four basic food groups and give examples of foods in each group
- Identify the key nutrients in food and explain how these nutrients support healthy body systems
- Interpret a nutrition label and apply the information to make informed decisions regarding food
- Use the usda food guide pyramid and its three major concepts of balance, variety and moderation to plan healthy meals and snacks
- Explain the relationship between food consumption, physical activity, and healthy weight management
- Explain the importance of maintaining healthy weight to promote health and prevent diseases
- Define emotional eating and describe the health implications
- Analyze how social and cultural messages about food and eating influence nutrition choices
- Describe the warning signs of disordered eating behaviors or eating disorders and identify ways for people with



Middle School Curriculum

Phys. Ed: PE 8th Grade

TRIMESTER 1

- Distribution of uniforms, locks, locker assignments, course overview
- **Big Games/ Skill Reviews:** (*FC all)
- **Personal Fitness Testing:** Review of fitness components
- **Soccer:** Review of skills and practice; competitive tournaments (*FC: all)
- **Volleyball:** Review of skills; competitive tournaments (*FC: muscle strength and endurance)
- **Softball:** Review of skills and practice; competitive games (*FC: all)
- **Personal Fitness Testing**
Lab #2: Agility and speed
- **Football:** Flag, touch, and variations; skill review and practice (*FC: muscle strength and endurance)
- **Tennis:** Review of skills, practice and round-robin tournament (*FC: all)
- **Scooter / Relay Activities:** Personal fitness testing (*FC: all)
- **Wrestling (boys only):** With CA wrestling coaches (*FC: all)
- **Weight Room (girls only)** (*FC: all)

TRIMESTER 2

- **Special Event:** Basketball frenzy competition, relays, etc. (*FC: all)
- **Weight Room:** Safety, free weights, cardio machines; core exercises (*FC: all)
- **Handball:** Skill review, practice and round-robin competition (*FC: muscle strength, cardiovascular)
- **Fitness Activities** (*FC: all)
- **Racquet Sports:** Pickleball, speedminton, and table tennis on 3 week rotation; round-robin tournaments (*FC: muscle strength)
- **Basketball:** Review of skills and practice; tournament with 3 vs 3 and 5 vs 5 (*FC: all)
- **Agility and Plyometrics**
- **Special Event Week:** Blue and White team competition (*FC: all)
- **Fitness Testing** (*FC: all)
- **Student Choice Week**

TRIMESTER 3

- **Floor Hockey:** Guest speaker from Carolina Hurricanes (*FC: muscle strength and endurance)
- **Wiffle Ball and Indoor Soccer:** Skill review and competitive games (*FC: muscle strength and endurance)
- **Big Games:** Capture the flag, Carolina ball, cricket, etc. (*FC: all)
- **Personal Fitness:** Agility and plyometrics (*FC: all)
Lab #1: Muscles of upper body
- **Track and Field:** Skill review and practice; track meet (*FC: all)
Lab #2, muscles of lower body
- **Outdoor Games / Student Choice:** Four square, wall ball, corn hole, etc. (*FC: all)
- **Disc Golf:** Skill review, practice and games (*FC: muscle strength and endurance)
- **Soccer:** Skill review, practice and games (*FC: all)
- **Special Event Week:** Blue and White team competition (*FC: all)
Lab #3: Core muscles
- Lock collection, locker clean-out

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Middle School Curriculum

Physical Education: 8th Grade Health

DISEASE UNIT

This unit is designed to help students understand the nature of diseases and methods for disease prevention. As an outcome of this unit of study, student will be able to:

- o distinguish between infectious diseases and non-infectious diseases
- o identify key preventive strategies
- o define various pathogens: bacteria, viruses, fungi, protozoa and parasitic worms
- o identify the stages of an infectious disease
- o characterize common childhood diseases by symptoms and treatments: measles, mumps, chicken pox, polio
- o characterize other serious infectious diseases by symptoms and treatments: herpes, meningitis, tuberculosis, hepatitis A, hepatitis B, HIV
- o discuss vaccines and other ways to treat and prevent infectious diseases

ANATOMY UNIT

This unit is designed to help students expand their understanding of the major systems of the human body, with particular attention to the skeletal system. As an outcome of this unit of study, student will be able to:

- o name and describe the function of the major systems of the body
- o describe the functions and explain the importance of the skeletal system
- o distinguish between the axial and the appendicular skeleton
- o name and locate the major bones of the body
- o define the four classifications of bones
- o locate and describe the functions of five types of joints
- o illustrate an elbow joint by labeling bones, ligaments and tendon
- o describe common joint disorders: scoliosis, osteoporosis, bursitis, and arthritis