

PACING GUIDE

6th- 8th Grade

September (1 week) :

Introduction to Physical Education

- *Student Conduct*
- *P.E. Expectations*
- *Safety Routines & Ground Rules*
- *Grade Breakdown*
- *Warm-up Techniques/ “Do Now”*
- *Nutrition tip of the day*

September (approx 3 weeks) :

Fitness Training and Flexibility

- *Fitness Training Techniques*
- *Maintain healthy levels in aerobic capacity, flexibility and muscular endurance*

October- January

Team Sports (Large Group Games)

- *Introduction to Sports (soccer, basketball, volleyball, hockey, cricket, omnkin ball, ultimate frisbee, handball)*

February-March

Individual Sports

- **Site Specific (weight training, badminton, bowling, fitness, golf, pickleball, swimming, tennis)*

April

Dance and Creative Movement

- *Contemporary*
- *Creative Dances*
- *Cultural Dances*
- *Line Dances*
- *Social Dances*

May (2 weeks)

Striking and Fielding Games

- *Decision Making*
- *Gross Motor Skills*
- *Hand-Eye Coordination*
- *Manipulative Skills*
- *Strategies*
- *Team Building*
- *Pathways*

May (2 weeks)

Fielding and Target Games

- *Bouncing/Rolling*
- *Distance/Direction*
- *Fundamental Movements*
- *Tactics*
- *Throwing/Catching*
- *Speed*
- *Accuracy*

June

Cooperative Games

- *Collaboration/Communication*

- *Critical Thinking*
- *Goal Setting*
- *Leadership*
- *Problem Solving Skills*
- *Sportsmanship*
- *Team Building Concepts*

June

Review and Final Exam

- *End of unit assessments*
- *Final exam*