

HOOVER MIDDLE SCHOOL

PHYSICAL EDUCATION PROGRAM SCHEDULE B: 2011-2012

The middle school physical education program provides students with experiences in a wide variety of activities. Most instructional units are three-weeks long to allow students many learning & assessment opportunities.

Unit/Dates	Gomes	Brewster	Griffin	Brooks	Lee
1 Aug 15-19 Aug 22-26 Aug 29-Sep 2	ORIENTATION COOPERATIVE ACTIVITES <i>Rotate Areas</i>	ORIENTATION COOPERATIVE ACTIVITES <i>Rotate Areas</i>	ORIENTATION COOPERATIVE ACTIVITES <i>Rotate Areas</i>	ORIENTATION COOPERATIVE ACTIVITES <i>Rotate Areas</i>	ORIENTATION COOPERATIVE ACTIVITES <i>Rotate Areas</i>
2 Sep 6-9 Sep 12-16	BOOT CAMP PRE-FITNESS TESTING <i>Rotate</i>	BOOT CAMP PRE-FITNESS TESTING <i>Rotate</i>	BOOT CAMP PRE-FITNESS TESTING <i>Rotate</i>	BOOT CAMP PRE-FITNESS TESTING <i>Rotate</i>	BOOT CAMP PRE-FITNESS TESTING <i>Rotate</i>
3 Sep 19-23 Sep 26-30 Oct 3-7	6 Hand Manipulative Skills: VB, BB 7/8 Sport Skills: VB <i>Courts</i>	6 Stunts & Tumbling 7/8 Tumbling/Gymn <i>South Gym</i>	6 Racquet Skills: Pickleball 7/8 Specialty Skills: Golf <i>Field 2</i>	6 New Games 7/8 Adventure Activities <i>Field 1</i>	6 Underhand Rolling 7/8 Badminton <i>North Gym</i>
4 Oct 11-14 Oct 17-21 Oct 24-28	6 Dance/Rhythms 7/8 Self Defense <i>North Gym</i>	6 Hand Manipulative Skills: VB, BB 7/8 Sport Skills: VB <i>Courts</i>	6 Stunts & Tumbling 7/8 Tumbling/Gymn <i>South Gym</i>	6 Racquet Skills: Pickleball 7/8 Specialty Skills: Golf <i>Field 2</i>	6 New Games 7/8 Adventure Activities <i>Field 1</i>
5 Oct 31-Nov 4 Nov 7-10 Nov 14-18	6 Throw & Catch & Bating Skills 7/8 Hockey <i>Field 1</i>	6 Dance/Rhythms 7/8 Self Defense <i>North Gym</i>	6 Hand Manipulative Skills: VB, BB 7/8 Sport Skills: VB <i>Courts</i>	6 Stunts & Tumbling 7/8 Tumbling/Gymn <i>South Gym</i>	6 Racquet Skills: Pickleball 7/8 Specialty Skills: Golf <i>Field 2</i>
6 Nov 21-22 Nov 28-Dec 2 Dec 5-9	6 Lead-Up Games 7/8 Multicultural/ Medieval games <i>Field 2</i>	6 Throw & Catch & Bating Skills 7/8 Hockey <i>Field 1</i>	6 Dance/Rhythms 7/8 Self Defense <i>North Gym</i>	6 Hand Manipulative Skills: VB, BB 7/8 Sport Skills: VB <i>Courts</i>	6 Stunts & Tumbling 7/8:Tumbling/Gymn <i>South Gym</i>
7 Dec 12-16 Jan 3-6 Jan 9-13	6 Foot Manipulative Skills 7/8 Soccer, Speedball <i>Field 2</i>	6 Lead-Up Games 7/8 Multicultural/ Medieval games <i>South Gym</i>	6 Throw & Catch & Bating Skills 7/8 Hockey <i>Field 1</i>	6 Dance/Rhythms 7/8 Self Defense <i>North Gym</i>	6 Hand Manipulative Skills: VB, BB 7/8 Sport Skills: VB <i>Courts</i>
8 Jan 17-20 Jan 24-27 Jan 30- Feb 3 Feb 6-10	FITNESS ACTIVITIES TRACK & FIELD <i>Rotate</i>	FITNESS ACTIVITIES TRACK & FIELD <i>Rotate</i>	FITNESS ACTIVITIES TRACK & FIELD <i>Rotate</i>	FITNESS ACTIVITIES TRACK & FIELD <i>Rotate</i>	FITNESS ACTIVITIES TRACK & FIELD <i>Rotate</i>
9 Feb 13-16 Feb 21-24 Feb 27-Mar 2	6 Underhand Rolling 7/8 Badminton <i>South Gym</i>	6 Foot Manipulative Skills 7/8 Soccer, Speedball <i>Field 2</i>	6 Lead-Up Games 7/8 Multicultural/ Medieval games <i>Courts</i>	6 Throw & Catch & Bating Skills 7/8 Hockey <i>Field 1</i>	6 Dance/Rhythms 7/8 Self Defense <i>North Gym</i>
10 Mar 5-9 Mar 12-15 Mar 19-23	6 New Games 7/8 Adventure Activities <i>Courts</i>	6 Underhand Rolling 7/8 Badminton <i>North Gym</i>	6 Foot Manipulative Skills 7/8 Soccer, Speedball <i>Field 2</i>	6 Lead-Up Games 7/8 Multicultural/ Medieval games <i>South Gym</i>	6 Throw & Catch & Bating Skills 7/8 Hockey <i>Field 1</i>
11 Apr 2-5 Apr 9-13 Apr 16-20	6 Racquet Skills: Pickleball 7/8 Specialty Skills: Golf <i>Field 1</i>	6 New Games 7/8 Adventure Activities <i>Courts</i>	6 Underhand Rolling 7/8 Badminton <i>North Gym</i>	6 Foot Manipulative Skills 7/8 Soccer, Speedball <i>Field 2</i>	6 Lead-Up Games 7/8 Multicultural/ Medieval games <i>South Gym</i>
12 Apr 24-27 Apr 30-May 4 May 7-11	6 Stunts & Tumbling 7/8 Tumbling/Gymn <i>South Gym</i>	6 Racquet Skills: Pickleball 7/8 Specialty Skills: Golf <i>Field 1</i>	6 New Games 7/8 Adventure Activities <i>Courts</i>	6 Underhand Rolling 7/8 Badminton <i>North Gym</i>	6 Foot Manipulative Skills 7/8 Soccer, Speedball <i>Field 2</i>
13 May 14-18 May 21-25	CLOSURE Reflections Skill Challenges <i>Rotate</i>	CLOSURE Reflections Skill Challenges <i>Rotate</i>	CLOSURE Reflections Skill Challenges <i>Rotate</i>	CLOSURE Reflections Skill Challenges <i>Rotate</i>	CLOSURE Reflections Skill Challenges <i>Rotate</i>

Hand Manipulative Skills: Basketball, Volleyball, Handball, 4-Square; **Foot Manipulative Skills:** Soccer, Line Kickball, Buka; **Underhand Rolling Skills:** Bocce Ball, Bowling, Pitching; **Target Skills:** Golf, Archery; **Sport Skills:** Team sport skills; **Specialty Sports:** Individual/partner games & activities; **New Games:** Ancient/Early American/International games, Create a Game; **Throwing & Catching Skills:** Scoop Ball, Softball, Frisbee; Football; **Invasion Sports:** Hockey, Lacrosse, Soccer, Soccer, Speedball, Soggi, Flag Football, Ultimate Games; **Fitness Activities:** Fitness circuit stations, Skill Fitness, Fitness plans; **Racquet Skills:** Pickle Ball/ Paddle Ball; **Net Skills:** Badminton; **Self-Defense:** Personal Safety, Combatives, Wrestling, Cardio Kickboxing; **Adventure Activities:** Project Adventure, Team Building, Orienteering, Biking; **Lead-Up Games:** Basketball, Volleyball, Soccer, Ultimate.

RAINY DAY SCHEDULE: Indoor areas as follows:

Field 1 to North Gym; **Field 2** to South Gym; **Court** to Fitness Room; **North Gym** and **South Gym** at same areas

SFUSD MIDDLE SCHOOL PHYSICAL EDUCATION PROGRAM SCHEDULES

Grade 6 Curriculum Program Grade 7/8: Schedule A; Schedule B

The middle school physical education program provides students with experiences in a wide variety of activities. Most instructional units are three-weeks long to allow students many learning opportunities.

The 6th grade program follows a basic skills program. The seventh and eighth grade programs alternate between Schedule A one year and Schedule B the next year. By the time the student leaves middle school, s/he will have experienced a variety of activities for a healthy and active lifestyle.

6 TH GRADE Skills & Cooperation Lead-up/Modified Games	7-8 TH GRADE SCHEDULE A 7: CHALLENGES & SAFE RISKS 8: TEAM STRATEGIES	7-8 TH GRADE SCHEDULE B 7: CHALLENGES & SAFE RISKS 8: TEAM STRATEGIES
ORIENTATION Program, Expectations, Procedures, Uniforms, Lockers, Safe Practices COOPERATIVE ACTIVITIES Cooperative & Team Building	ORIENTATION Program, Expectations, Procedures, Uniforms, Lockers, Safe Practices COOPERATIVE ACTIVITIES Cooperative & Team Building	ORIENTATION Program, Expectations, Procedures, Uniforms, Lockers, Safe Practices COOPERATIVE ACTIVITIES Cooperative & Team Building
BOOT CAMP Pre-Fitness Testing	BOOT CAMP Pre-Fitness Testing	BOOT CAMP Pre-Fitness Testing
HAND MANIPULATIVE SKILLS Volleyball, Basketball 4-Square, Wall Handball	SPORT SKILLS & CHALLENGES Basketball 7: Skills 8: Strategies	NET SPORTS Volleyball; Buka 7: Skills 8: Strategies
DANCE & RHYTHMS Folk & Line Dance Circus Skills	DANCE & RHYTHMS 7: Multicultural Dance 8: Square Dance Jigsaw Dance, Sport Moves	SELF DEFENSE Personal Safety, Combatives Wrestling, Cardio Kickboxing
THROW & CATCH Scoop Ball, SB, Football, Frisbee, Novelty Objects (foxtails, hoops) STRIKING SKILLS: Batting	SPORT GAMES Softball; Lacrosse 7: Skills 8: Strategies	INVASION SPORTS Implements: Hockey 7: Skills 8: Strategies
LEAD-UP GAMES Passing, guarding, dribbling, shooting, 3-on-3: Basketball, Soccer, Ultimate	MULTICULTURAL GAMES MEDIEVAL GAMES	INVASION SPORTS Balls/Frisbees: Team Handball Ultimate Games
FOOT MANIPULATIVE SKILLS Line Kickball, Soccer Skills	INVASION SPORTS Foot/Hand: Soccer, Speedball	INVASION SPORTS Foot/Hand: Soccer, Speedball
FITNESS ACTIVITIES Physical Fitness Test 1 Day Fitness Plan - FITT TRACK & FIELD Throws, Jumps, Relays	FITNESS ACTIVITIES Physical Fitness Test 1 Week Fitness Plan - FITT TRACK & FIELD Sprints, Distance, Relays	FITNESS ACTIVITIES Physical Fitness Test 2 Week Fitness Plan - FITT TRACK & FIELD Sprints, Distance, Relays
UNDERHAND ROLLING Bocce Ball, Bowling	NET SKILLS Table Tennis 7: Doubles 8: Team Strategies	RACQUET SPORTS Badminton; Speedminton 7: Doubles 8: Team Strategies
NEW GAMES Ancient, Early American, International Games, Create a Game	ADVENTURE/OUTDOOR ACTIVITIES Team-Building Adventure Games	ADVENTURE/OUTDOOR ACTIVITIES Project Adventure/Orienteering
RACQUET SKILLS Pickleball, Speedminton Create a Game	RACQUET GAMES Tennis- Spin & Rebound	TARGET SKILLS Implements: Golf 7: Skills 8: Strategies
STUNTS & TUMBLING Rope Stunts, Mat Activities, Basic Tumbling	COMBATIVES Skill-Related Fitness, Partner Stunts, Safety rolls, Rope Stunts & Climbing	GYMNASTIC/TUMBLING Pyramid/Tumbling Combinations Gymnastic Apparatus
CLOSURE Review & Reflection Skill Challenges	CLOSURE Review & Reflection Skill Challenges	CLOSURE Review & Reflection Skill Challenges

Guidelines: *California Physical Education Model Content Standards (2006)*

California Physical Education Framework (2009)

References: *Teaching Middle School Physical Education, Standards-based Approach*, Mohsen
Fitness for Life, Corbin, LeMasurier, Lambdin