

CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL Middle School 6th-8th
COURSE LENGTH Year

REVIEWED 2018-2019

<p>Student Goals:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;">I</td> <td>To participate regularly in physical activity.</td> </tr> <tr> <td style="text-align: center;">II</td> <td>To achieve and maintain a health-enhancing level of fitness.</td> </tr> <tr> <td style="text-align: center;">III</td> <td>To value physical activity for health, enjoyment, challenge, and/or self-expression.</td> </tr> </table> <p>Student Outcomes:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;">I</td> <td>The students will be able to develop skills, knowledge, interest, and desire to independently maintain an active life-style.</td> </tr> <tr> <td style="text-align: center;">II</td> <td>The students will be able to participate regularly in health-enhancing fitness activities.</td> </tr> <tr> <td style="text-align: center;">III</td> <td>The students will be able to recognize that physical activity can provide opportunities for positive social interaction.</td> </tr> </table>						I	To participate regularly in physical activity.	II	To achieve and maintain a health-enhancing level of fitness.	III	To value physical activity for health, enjoyment, challenge, and/or self-expression.	I	The students will be able to develop skills, knowledge, interest, and desire to independently maintain an active life-style.	II	The students will be able to participate regularly in health-enhancing fitness activities.	III	The students will be able to recognize that physical activity can provide opportunities for positive social interaction.
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III	The students will be able to recognize that physical activity can provide opportunities for positive social interaction.																
UNIT/ WEEKS	STANDARD	OBJECTIVES	ACTIVITIES/ASSESSMENT	RESOURCES	BIBLICAL INTEGRATION												
Softball Kickball Sept/May	Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills) Standard 2: Demonstrates understanding of movement concepts,	1.1 Students will demonstrate mature form for all loco motor and non-loco motor manipulative skills. 2.1 Students will identify principles of practice and conditioning that enhances performance. 2.2 Students will identify personal or peer age-appropriate information feedback for performance improvement. 3.1 Students will identify opportunities in the school and	Skill observation Daily participation What are some of the etiquette skills you need to demonstrate while playing softball?	Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest Bible National Standards Ready-to-Use Secondary PE Activities Program by Lumsden/Jones	1 Corinthians 9:24-27 These passages show Paul’s knowledge and awareness of the games in Corinth. He uses these to teach two main values that relate to our spiritual walk with Jesus: 1. Commitment and discipline 2. Concentration, targeted effort (self-control) Students are able to relate lessons in athletics to life with Christ.												

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	<p>principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>community for regular participation in physical activity. 3.2 Students will participate daily in some form of health-enhancing physical activity. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.3 Students will work in a group to achieve goals in cooperative and competitive activities. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior.</p>			
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	(Intrinsic Value)	<p>6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication.</p> <p>6.2 Students will enjoy participation in physical activities.</p> <p>6.3 Students will seek personally challenging experiences in physically active opportunities.</p> <p>6.4 Students will demonstrate enjoyment from participation in physical activities.</p> <p>6.5 Students will communicate feelings towards</p>			
Track Sept/May	<p>Standard 3: Participates regularly in physical activity. (Physical Activity)</p> <p>Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)</p> <p>Standard 6:</p>	<p>3.2 Students will participate daily in some form of health-enhancing physical activity.</p> <p>3.3 Students will investigate personal interests and capabilities in regard to one's exercise behavior.</p> <p>5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship.</p> <p>5.2 Students will participate in establishing rules, procedures and etiquette that are safe and</p>	<p>Timed races and measurements</p> <p>What stretching exercises do you need to do before performing a physical activity?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest Bible National Standards Ready-to-Use Secondary PE Activities Program by Lumsden/Jones</p>	<p>1 Corinthians 9:24-27</p> <p>These passages show Paul's knowledge and awareness of the games in Corinth. He uses these to teach two main values that relate to our spiritual walk with Jesus:</p> <ol style="list-style-type: none"> 1. Commitment and discipline 2. Concentration, targeted effort (self-control)

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	Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	<p>effective for specific activity situations.</p> <p>5.4 Students will utilize time effectively to complete assigned tasks.</p> <p>5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior.</p> <p>6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication.</p> <p>6.2 Students will enjoy participation in physical activities.</p> <p>6.3 Students will seek personally challenging experiences in physically active opportunities.</p> <p>6.4 Students will demonstrate enjoyment from participation in physical activities.</p> <p>6.5 Students will communicate feelings towards others in a socially acceptable manner. b</p>			<p>Students are able to relate lessons in athletics to life with Christ.</p> <p>Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”</p>
<p>Badminton Pickle Ball</p> <p>Oct/April</p>	Standard 1: Demonstrates competency in motor skills and movement patterns needed	<p>1.2 Students will demonstrate increasing competence in more specialized skills.</p> <p>2.1 Students will identify principles of practice and</p>	<p>Skill observation Daily Participation</p> <p>Why is it important to learn lifetime activities?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest</p>	<p>1 Corinthians 9:24-27 These passages show Paul’s knowledge and awareness of the games in Corinth. He uses these</p>

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	<p>to perform a variety of physical activities. (Physical Skills) Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for</p>	<p>conditioning that enhances performance. 2.2 Students will identify personal or peer age-appropriate information feedback for performance improvement. 3.1 Students will identify opportunities in the school and community for regular participation in physical activity. 3.2 Students will participate daily in some form of health-enhancing physical activity. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group</p>		<p>Bible National Standards Ready-to-Use Secondary PE Activities Program by Lumsden/Jones</p>	<p>to teach two main values that relate to our spiritual walk with Jesus: 1. Commitment and discipline 2. Concentration, targeted effort (self-control) Students are able to relate lessons in athletics to life with Christ.</p> <p>Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”</p>
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Volleyball Oct/Dec/May	Standard 1: Demonstrates competency in motor skills and movement patterns needed	1.2 Students will demonstrate increasing competence in more specialized skills. 2.1 Students will identify principles of practice and	Skill observation Daily participation How can I be a successful “team player”?	Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest	1 Corinthians 9:24-27 These passages show Paul’s knowledge and awareness of the games in Corinth. He uses these

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Flag Football Oct/April	Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	1.1 Students will demonstrate mature form for all loco motor and non-loco motor manipulative skills. 1.2 Students will demonstrate increasing competence in more specialized skills. 2.1 Students will identify	Skill observation Daily participation What are some ways to demonstrate sportsmanship?	Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest Bible National Standards Ready-to-Use	1 Corinthians 9:24-27 These passages show Paul's knowledge and awareness of the games in Corinth. He uses these to teach two main values that relate to our spiritual walk with

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	<p>(Physical Skills) Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 4: Achieves and maintains a health-enhancing level of fitness. Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6:</p>	<p>critical elements of more advanced movement skills and game strategies. 2.3 Students will identify basic offensive and defensive strategies in non-complex settings. 3.1 Students will identify opportunities in the school and community for regular participation in physical activity. 3.2 Students will participate daily in some form of health-enhancing physical activity. 3.3 Students will investigate personal interests and capabilities in regard to one’s exercise behavior. 4.1 Students will participate in moderate to vigorous activity in a variety of settings. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.3 Students will work in a group to achieve goals in cooperative and</p>		<p>Secondary PE Activities Program by Lumsden/Jones</p>	<p>Jesus: 1. Commitment and discipline 2. Concentration, targeted effort (self-control) Students are able to relate lessons in athletics to life with Christ.</p> <p>Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”</p>
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	Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	<p>competitive activities.</p> <p>5.4 Students will utilize time effectively to complete assigned tasks.</p> <p>5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior.</p> <p>6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication.</p> <p>6.2 Students will enjoy participation in physical activities.</p> <p>6.3 Students will seek personally challenging experiences in physically active opportunities.</p> <p>6.4 Students will demonstrate enjoyment from participation in physical activities.</p> <p>6.5 Students will communicate feelings towards others in a socially acceptable manner.</p>			
Fitness Sept Nov Dec	Standard 1: Demonstrates competency in motor skills and movement patterns needed	<p>1.1 Students will demonstrate mature form for all loco motor and non-loco motor manipulative skills.</p> <p>2.1 Students will identify</p>	<p>Perform 5 Fitness Tests</p> <p>Why is it important to be physically active?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest</p>	<p>What does the bible say about taking care of our body? 1 Corinthians 6:19-20 Romans 12:1</p>

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April	<p>to perform a variety of physical activities. (Physical Skills) Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 4: Achieves and maintains a health-enhancing level of fitness. Standard 5: Exhibits responsible personal and social behavior in physical</p>	<p>principles of practice and conditioning that enhances performance. 3.1 Students will identify opportunities in the school and community for regular participation in physical activity. 3.2 Students will participate daily in some form of health-enhancing physical activity. 3.3 Students will investigate personal interests and capabilities in regard to one's exercise behavior. 4.1 Students will participate in moderate to vigorous activity in a variety of settings. 4.2 Students will begin to develop a strategy for the improvement of selected fitness components. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.4 Students will utilize time effectively to complete assigned tasks.</p>	<p>Bible National Standards Ready-to-Use Secondary PE Activities Program by Lumsden/Jones</p>	<p>Luke 12:22 Genesis 1:27 Colossians 3:5 1 Peter 3:4 Philippians 4:6-7 Colossians 3:17 Ephesians 5:29 James 5:14 Matthew 6:13 Psalm 34:17-20 1 John 1:9</p>
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	activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)	5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication. 6.2 Students will enjoy participation in physical activities.			
Soccer Oct/April	Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and	2.1 Students will identify principles of practice and conditioning that enhances performance. 2.2 Students will identify personal or peer age-appropriate information feedback for performance improvement. 2.3 Students will identify	Skill observation] Daily participation What is the difference between being an offensive player and a defensive player?	Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest Bible National Standards Ready-to-Use	1 Corinthians 9:24-27 These passages show Paul's knowledge and awareness of the games in Corinth. He uses these to teach two main values that relate to our spiritual walk with

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	<p>performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>basic offensive and defensive strategies in non-complex settings. 3.2 Students will participate daily in some form of health-enhancing physical activity. 3.3 Students will investigate personal interests and capabilities in regard to one's exercise behavior. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication. 6.2 Students will enjoy participation in physical</p>		<p>Secondary PE Activities Program by Lumsden/Jones</p>	<p>Jesus: 1. Commitment and discipline 2. Concentration, targeted effort (self-control) Students are able to relate lessons in athletics to life with Christ.</p>
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		<p>activities.</p> <p>6.3 Students will seek personally challenging experiences in physically active opportunities.</p> <p>6.4 Students will demonstrate enjoyment from participation in physical activities.</p> <p>6.5 Students will communicate feelings towards others in a socially acceptable manner.</p>			
Basketball Jan/March	Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.	<p>1.1 Students will demonstrate mature form for all loco motor and non-loco motor manipulative skills.</p> <p>1.2 Students will demonstrate increasing competence in more specialized skills.</p> <p>2.1 Students will identify</p>	<p>Skill observation</p> <p>Daily participation</p> <p>What are some good leadership skills needed to perform on a team?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc)</p> <p>Pinterest</p> <p>Bible</p> <p>National Standards</p> <p>Ready-to-Use</p>	<p>Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”</p> <p>1 Corinthians 9:24-27</p> <p>These passages show</p>

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<p>Floor Hockey Feb/April</p>	<p>Standard 2: Demonstrates understanding of movement concepts, principles,</p>	<p>2.3 Students will identify basic offensive and defensive strategies in non-complex settings 3.2 Students will participate daily in some</p>	<p>Skill observation Daily participation Why is it important to keep safety in mind as we perform each activity?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest</p>	<p>Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”</p>

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		communicate feelings towards others in a socially acceptable manner.			
Indoor Games Dec/Feb	<p>Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)</p> <p>Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p> <p>Standard 3: Participates regularly in physical activity. (Physical Activity)</p> <p>Standard 5: Exhibits</p>	<p>1.1 Students will demonstrate mature form for all loco motor and non-loco motor manipulative skills.</p> <p>2.1 Students will identify principles of practice and conditioning that enhances performance.</p> <p>2.2 Students will identify personal or peer age-appropriate information feedback for performance improvement.</p> <p>2.3 Students will identify basic offensive and defensive strategies in non-complex settings.</p> <p>3.2 Students will participate daily in some form of health-enhancing physical activity.</p> <p>3.3 Students will investigate personal interests and capabilities in regard to one's exercise behavior.</p> <p>5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship.</p> <p>5.2 Students will participate in establishing rules, procedures and</p>	<p>Skill observation Daily participation</p> <p>What is a cooperative game?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc) Pinterest Bible National Standards Ready-to-Use Secondary PE Activities Program by Lumsden/Jones</p>	<p>Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”</p> <p>Working as a team: Ecclesiastes 4:9 “Two are better than one, because they have a good reward for their labor.”</p> <p>Proverbs 27:17 “Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.”</p>

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	<p>responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>etiquette that are safe and effective for specific activity situations. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication. 6.2 Students will enjoy participation in physical activities. 6.3 Students will seek personally challenging experiences in physically active opportunities. 6.4 Students will demonstrate enjoyment from participation in physical activities. 6.5 Students will communicate feelings towards others in a socially acceptable manner.</p>			
<p>Presidential Fitness Standards</p>	<p>Standard 3: Participates regularly in physical activity.</p>	<p>3.2 Students will participate daily in some form of health-enhancing physical activity. 3.3 Students will</p>	<p>Presidential Fitness Award Standards Why is it important to work toward a fitness goal?</p>	<p>Various teacher resources (mrgym.com, peuniverse.com, etc)</p>	<p>What does the bible say about taking care of our body? 1 Corinthians 6:19-20</p>

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<p>September May</p>	<p>(Physical Activity) Standard 4: Achieves and maintains a health-enhancing level of fitness. Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>investigate personal interests and capabilities in regard to one’s exercise behavior. 4.1 Students will participate in moderate to vigorous activity in a variety of settings. 4.2 Students will begin to develop a strategy for the improvement of selected fitness components. 4.3 Students will meet health-related fitness standards as defined by a valid and reliable test. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group</p>	<p>Pinterest Bible National Standards Ready-to-Use Secondary PE Activities Program by Lumsden/Jones</p>	<p>Romans 12:1 Luke 12:22 Genesis 1:27 Colossians 3:5 1 Peter 3:4 Philippians 4:6-7 Colossians 3:17 Ephesians 5:29 James 5:14 Matthew 6:13 Psalm 34:17-20 1 John 1:9</p>
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CCS COURSE MAP

SUBJECT:PE

GRADE LEVEL Middle School 6th-8th
COURSE LENGTH Year

REVIEWED 2018-2019

		interaction and communication. 6.2 Students will enjoy participation in physical activities. 6.3 Students will seek personally challenging experiences in physically active opportunities. 6.4 Students will demonstrate enjoyment from participation in physical activities. 6.5 Students will communicate feelings towards others in a socially acceptable manner.			
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