

Minneapolis Academy Physical Education/Health Curriculum 2008-2009 (Tentative)

September

PE

Week 1-Teambuilding/Cooperation Based Games/Activities

Week 2-Tag/Evasion Games

Weeks 3 & 4-Soccer Skills/Activities

Health

General Overview/Concepts

October

PE

Weeks 1 & 2-Kickball Games

Weeks 3 & 4-Team Handball

Health

Grade 5 & 6-Skin/Integumentary System

Grade 7 & 8-Nervous System

November

PE

Weeks 1 & 2-Volleyball Skills/Activities

Weeks 3 & 4-Tumbling

Health

Grade 5 & 6-Skeletal System (I)

Grade 7 & 8-Skeletal System (II)

December

PE

Week 1-Juggling/Balancing Activities

Weeks 2, & 3-Wrestling (boys)

- Fitness Stations, Activities, & Routines (girls)

Health

Grade 5 & 6-Muscular System (I)

Grade 7 & 8-Muscular System (II)

January

PE

Weeks 1, 2, & 3- Fitness Stations, Activities, & Routines (boys)
-Yoga & Tae Bo (girls)

Health

Grade 5 & 6-Physical Fitness (I)
Grade 7& 8-Physical Fitness (II)

February

PE

Weeks 1 & 2-Basketball Skills/Activities
Weeks 3 & 4-Speedball/Slamball

Health

Grades 5 & 6-Cardiovascular/Respiratory Systems
Grades 7 & 8-Conflict Resolution/Communication Skills

March

PE

Weeks 1 & 2-Badminton
Weeks 3 & 4-Floor Hockey Skills/Activities

Health

Grades 5 & 6-Digestive & Excretory Systems
Grades 7 & 8-Disease & Disease Prevention

April

PE

Weeks 1 & 2-Frisbee Skills/Activities
Weeks 3 & 4-Softball Skills/Activities

Health

Grades 5 & 6-Nutrition
Grades 7 & 8-Diet/Weight Management/Obesity

May

PE

Weeks 1 & 2-Football
Weeks 3 & 4-World Games

Health

Grades 5 & 6-Goal Setting/Decision Making
Grades 7 & 8-Drug & Alcohol Awareness/Prevention

June

PE Weeks 1 & 2- Various Games/Activities

September

Physical Education

Teambuilding/Cooperation Based Games/Activities

Skills:

- 1.) Body Awareness
- 2.) Space Awareness
- 3.) Manipulative

Concepts:

- 1.) Cooperation
- 2.) Teamwork
- 3.) Communication
- 4.) Understanding and Following Directions/Routines

Primary Fitness Components:

- 1.) Muscular Endurance
- 2.) Cardio-Respiratory Endurance
- 3.) Balance
- 4.) Coordination

Tag/Evasion Games

Skills:

- 1.) Locomotors
- 2.) Non-Locomotors
- 3.) Space Awareness
- 4.) Body Awareness

Concepts:

- 1.) Changing Speed/Direction in Open Environments
- 2.) Basic Evasion Strategies

Primary Fitness Components:

- 1.) Cardio-Respiratory Endurance
- 2.) Speed

3.) Agility

Soccer

Skills:

- 1.) Kicking
- 2.) Trapping
- 3.) Dribbling
- 4.) Tackling
- 5.) Throw-In
- 6.) Goal-Keeping

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Tactics
- 3.) Achieving and Maintaining Proper Distance from Teammates & Defenders

Primary Fitness Components:

- 1.) Muscular Endurance
- 2.) Cardio-Respiratory Endurance
- 3.) Speed
- 4.) Power
- 5.) Agility
- 6.) Coordination

Health

5th, 6th, 7th, & 8th

Intro/General

October

Physical Education

Kickball Games/Activities

Skills:

- 1.) Kicking
- 2.) Catching
- 3.) Teamwork
- 4.) Base Running

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Strategy

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Cardio-Respiratory Endurance
- 3.) Speed
- 4.) Power
- 5.) Reaction Time

Team Handball

Skills:

- 1.) Short Passes (Bounce, Hand-Off, Hook, Chest, Shovel, Overhead)
- 2.) Medium Passes (Ground, Jump, Shoulder, Side Arm)
- 3.) Catching
- 4.) Dribbling
- 5.) Shooting (Jump, Underhand, Reverse, Side Throw, Lob)
- 6.) Goaltending

Concepts

- 1.) Game Rules
- 2.) Offensive/Defensive Strategies

Primary Fitness Components

- 1.) Cardio-Respiratory Endurance

- 2.) Speed
- 3.) Power
- 4.) Agility
- 5.) Coordination
- 6.) Reaction Time

Health

5th & 6th-Skin/Integumentary System

Main Topics:

- 1.) Function of Skin
- 2.) Layers of the Skin
- 3.) Healing of Wounds

7th & 8th-Nervous System

Main Topics:

- 1.) Function of the Central Nervous System
- 2.) Function of the Peripheral Nervous System
- 3.) Structure of a Nerve

November

Physical Education

Volleyball Skills/Activities

Skills:

- 1.) Proper Body Position
- 2.) Movement
- 3.) Serve
- 4.) Forearm Pass
- 5.) Overhand Pass
- 6.) Spike

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Strategies
- 3.) Using 3 Contacts

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Power
- 3.) Agility
- 4.) Balance
- 5.) Coordination
- 6.) Reaction Time

Tumbling

Skills:

- 1.) Basic Positions (Tuck, Pike, Layout, V-Sit)
- 2.) Forward Roll
- 3.) Backward Roll
- 4.) Tripod Balance
- 5.) Headstand
- 6.) Cartwheel
- 7.) Round-Off
- 8.) Kip (Neck Spring)
- 9.) Body Awareness

Concepts:

- 1.) Basic Rules/Safety

2.) Proper Spotting

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Muscular Endurance
- 3.) Flexibility
- 4.) Power
- 5.) Agility
- 6.) Balance
- 7.) Coordination

Health

5th & 6th-Skeletal System (I)

Main Topics:

- 1.) Bone Identification
- 2.) Structure of a Bone
- 3.) Joint Function and Identification

7th & 8th-Skeletal System (II)

Main Topics:

- 1.) Bone Identification
- 2.) Structure of a Bone
- 3.) Joint Function and Identification

December

Physical Education

Juggling/Balancing Activities

Skills:

Concepts:

Primary Fitness Components:

Wrestling

Skills:

- 1.) Stance, Movement, & Set Ups
- 2.) Takedowns
- 3.) Sprawling & Takedown Defense
- 4.) Breakdowns & Control Rides
- 5.) Escapes
- 6.) Reversals
- 7.) Pinning Combinations

Concepts:

- 1.) Match Rules
- 2.) Offensive/Defensive Strategies

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Muscular Endurance
- 3.) Cardio-Respiratory Endurance
- 4.) Flexibility
- 5.) Power
- 6.) Agility
- 7.) Balance
- 8.) Coordination

Fitness Stations, Routines, and Activities

Skills:

- 1.) Techniques and Routines that Build and Develop Aerobic and Anaerobic Fitness

Concepts:

- 1.) Understand benefits associated with resistance, isometric, aerobic, and circuit training
- 2.) Understand how to apply specific training techniques to meet individual needs

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Muscular Endurance
- 3.) Cardio-Respiratory Endurance
- 4.) Body Composition
- 5.) Flexibility
- 6.) Power
- 7.) Speed

Health

5th & 6th-Muscular System (I)

Main Topics:

- 1.) Muscle Identification
- 2.) Basic Function of Tendons and Ligaments
- 3.) Structure of a Muscle

7th & 8th-Muscular System (II)

Main Topics:

- 1.) Muscle Identification
- 2.) Basic Function of Tendons and Ligaments
- 3.) Structure of a Muscle

January

Physical Education

Fitness Stations, Activities, and Routines

Skills:

- 1.) Techniques and Routines that Build and Develop Aerobic and Anaerobic Fitness

Concepts:

- 1.) Understand benefits associated with resistance, isometric, aerobic, and circuit training
- 2.) Understand how to apply specific training techniques to meet individual needs

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Muscular Endurance
- 3.) Cardio-Respiratory Endurance
- 4.) Body Composition
- 5.) Flexibility
- 6.) Power
- 7.) Speed

Yoga & Tae Bo

Skills:

- 1.) Breathing Techniques
- 2.) Basic Poses
- 3.) Basic Movements

Concepts:

- 1.) Appreciating the difference of Yoga and Tae Bo from other forms of exercise

Primary Fitness Components:

- 1.) Muscular Endurance
- 2.) Cardio-Respiratory Endurance
- 3.) Flexibility
- 4.) Balance
- 5.) Coordination

Health

5th-6th Physical Fitness (I)

Main Topics:

- 1.) Defining Physical Fitness
- 2.) 10 Components of Physical Fitness
- 3.) Aerobic/Anaerobic Training
- 4.) Physical Activity Pyramid

7th-8th Physical Fitness (II)

Main Topics

- 1.) Review def. of Physical Fitness, 10 Components of PF
- 2.) Principals of Training (SOFID)
- 3.) Basic Exercise Physiology (muscle growth, soreness, strength vs. power)

February

Physical Education

Basketball Skills/Activities

Skills:

- 1.) Pivoting
- 2.) Passing
- 3.) Receiving Passes
- 4.) Dribbling
- 5.) Shooting
- 6.) Rebounding

Concepts:

- 1.) Game Rules
- 2.) Individual Offense/Defense
- 3.) Team Offense/Defense

Primary Fitness Components:

- 1.) Cardio-Respiratory Endurance
- 2.) Speed
- 3.) Agility
- 4.) Coordination
- 5.) Reaction Time

Speedball/Slamball

Skills:

- 1.) Soccer Passing, Kicking, & Punting
- 2.) Lifting
- 3.) Basketball Passing (Chest, Overhead, Throw)
- 4.) Catching/Trapping
- 5.) Drop Kicking
- 6.) Soccer Dribbling
- 7.) Basketball Dribbling
- 8.) Aerial Dribble
- 9.) Goal Tending

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Strategies (Soccer, Basketball, Football)
- 3.) Restarts

Primary Fitness Components

- 1.) Muscular Endurance
- 2.) Cardio-Respiratory Endurance
- 3.) Speed
- 4.) Agility
- 5.) Coordination

6.) Reaction Time

Health

5th & 6th-Cardiovascular/Respiratory System

Main Topics:

- 1.) Structure of the Heart
- 2.) Difference between Veins and Arteries
- 3.) The Heart and Lungs Working Together to Oxygenate and Re-Distribute Blood

7th & 8th-Conflict Resolution/Communication Skills

Main Topics:

March

Physical Education

Badminton

Skills:

- 1.) Racket Grip
- 2.) Long Serve
- 3.) Short Serve

- 4.) Overhead Clear
- 5.) Smash
- 6.) Drop
- 7.) Footwork/Movement

Concepts:

- 1.) Game Rules
- 2.) Singles Strategy
- 3.) Doubles Strategy

Primary Fitness Components:

- 1.) Speed
- 2.) Power
- 3.) Agility
- 4.) Coordination
- 5.) Reaction Time

Floor Hockey Skills/Activities

Skills:

- 1.) Stick Grip
- 2.) Puck Handling
- 3.) Push Pass
- 4.) Wrist Shot
- 5.) Tackling
- 6.) Goaltending

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Strategy

Primary Fitness Components:

- 1.) Cardio-Respiratory Endurance
- 2.) Speed
- 3.) Power
- 4.) Agility
- 5.) Coordination
- 6.) Reaction Time

Health

5th & 6th-Digestive & Excretory Systems

Main Topics:

- 1.) How the Mouth, Esophagus, Stomach, Small and Large Intestine Work Together to Digest Food
- 2.) How the Lungs, Sweat Glands, and Kidneys Work Together to Maintain Balance Thorough-Out the Body

7th & 8th-Disease & Disease Control

Main Topics:

- 1.) Types of Diseases
- 2.) Disease Prevention
- 3.) Personal Hygiene

April

Physical Education

Frisbee Skills/Activities

Skills:

- 1.) Throwing (Stationary & Moving)
- 2.) Catching (Stationary & Moving)

Concepts:

- 1.) Students will learn about different games and activities that can be performed using Frisbees

Primary Fitness Components:

- 1.) Speed
- 2.) Coordination
- 3.) Agility

Softball Skills/Activities

Skills:

- 1.) Catching
- 2.) Throwing
- 3.) Fielding
- 4.) Batting
- 5.) Base running

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Strategies

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Speed
- 3.) Power
- 4.) Balance
- 5.) Coordination
- 6.) Reaction Time

Health

5th & 6th-Nutrition

Main Topics:

- 1.) The Effects of Vitamins, Minerals, Proteins, Fats, Carbohydrates, and Water on the body

7th & 8th-Diet/Weight Management/Obesity

Main Topics:

- 1.) Proper Daily Caloric Intake
- 2.) Causes of Obesity and Obesity Trends in Teenagers

May

Physical Education

Football Skills/Activities

Skills:

- 1.) Stances
- 2.) Ball Carrying
- 3.) Passing
- 4.) Catching
- 5.) Punting
- 6.) Blocking

7.) Centering

Concepts:

- 1.) Game Rules
- 2.) Offensive/Defensive Strategies
- 4.) Passing Routes
- 5.) Offensive Formations
- 6.) Pass Rushing

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Muscular Endurance
- 3.) Speed
- 4.) Power
- 5.) Agility
- 6.) Balance
- 7.) Reaction Time

World Games

Skills:

- 1.) Various (Related to Games Played Around the World)

Concepts:

- 1.) Education regarding a number of sports and games played throughout the world.

Primary Fitness Components:

- 1.) Muscular Strength
- 2.) Muscular Endurance
- 3.) Cardio-Respiratory Endurance
- 4.) Flexibility
- 5.) Speed
- 6.) Power
- 7.) Agility
- 8.) Balance
- 9.) Coordination

Health

5th & 6th-Goal Setting/Decision Making

Main Topics:

7th & 8th-Drug & Alcohol Awareness/Prevention

Main Topics:

June

Physical Education

Various Games/Activities

Skills: To be determined

Concepts: To be determined

Primary Fitness Components: To be determined

