

Course: Middle School Physical Education  
Grade: Middle School

Unit 1: Team Sports - Ball Games (Weeks 1-5)

- Content: Soccer, Basketball.
- Activities: Skill drills, team matches.
- Assessments: Skills demonstration, rules quiz.

Unit 2: Team Sports - Net/Wall Games (Weeks 6-10)

- Content: Volleyball, Tennis.
- Activities: Practice sessions, mini-tournaments.
- Assessments: Performance evaluations.

Unit 3: Individual Sports - Track and Field (Weeks 11-15)

- Content: Running, Jumping, Throwing events.
- Activities: Skills practice, mock meets.
- Assessments: Event-specific performance tests.

Unit 4: Individual Sports - Precision (Weeks 16-20)

- Content: Archery, Golf.
- Activities: Technique workshops, practice rounds.
- Assessments: Accuracy and technique evaluation.

Unit 5: Fitness and Conditioning (Weeks 21-25)

- Content: Cardiovascular fitness, strength training.
- Activities: Circuit training, yoga.
- Assessments: Fitness tests.

Unit 6: Rhythmic Movement (Weeks 26-30)

- Content: Dance, Aerobics.
- Activities: Choreography sessions, group performances.
- Assessments: Dance routine presentations.

Unit 7: Outdoor and Adventure Activities (Weeks 31-35)

- Content: Orienteering, Rock Climbing.
- Activities: Navigation exercises, climbing sessions.
- Assessments: Orienteering course completion, climbing skills test.

Unit 8: Recreational Games (Weeks 36-40)

- Content: Frisbee, Table Tennis.
- Activities: Game rules and skills practice.
- Assessments: Participation and skill application in games.

