

**URBANDALE COMMUNITY SCHOOL DISTRICT
CURRICULUM FRAMEWORK OUTLINE**

SUBJECT: **Physical Education**
COURSE TITLE: **Middle School Physical Education**
GRADE LEVEL: **6, 7, and 8**

COURSE DESCRIPTION:

Urbandale Middle School Physical Education is an integral and essential part of our student's total educational experience. Urbandale Middle School Physical Education provides students with the knowledge, skills, and direction leading them to a healthy, happy, and physically active life.

The goal of the Urbandale Middle School Physical Education is to guide students in the development and maintenance of fitness levels; acquisition and refinement of sport skills, social skills, and sportsmanship; and a working knowledge of rules and strategies used in game play. In order to reach the needs and interests of all students, a broad-based curriculum is followed. At UMS our objective is to expose students to a variety of activities that include sportsmanship, health/fitness knowledge, and skill development. During the course of the school year students will participate in physical fitness activities that increase cardiovascular endurance, muscular strength, and flexibility; tumbling/gymnastics, rhythms and dance; water safety instruction, and leisure and lifetime activities Our goal is to instill the knowledge that will allow students to lead a physically active life once they leave our building. Students participate in games and activities that reinforce our philosophy.

Physical Education at Urbandale Middle School shall include the grade level sequential progression of physical fitness activities that increase cardiovascular endurance, muscular strength and flexibility, sports and games, tumbling and gymnastics, rhythms and dance, water safety, and leisure/lifetime activities.

Lessons and activities for all grades are designed to help students gain independence, seek out new challenges, and reinforce positive character education. Organized games and activities place an emphasis on cooperation and teamwork stressing sportsmanship. Mature patterns are now expected for all basic manipulative, locomotor, and nonlocomotor skills, while the student is beginning to acquire the basic skills of selected sport, dance, and gymnastics activities.

CONTENT STANDARDS:

In order for our students to achieve the maximum benefits from Urbandale Community School District Middle School Physical Education, the students should be able to . . .

Content Standard I. Use a variety of basic and advanced movement forms.

Benchmark: Demonstrate competence in modified versions of a variety of movement forms.



Content Standard II. Apply movement concepts and principles to the learning and development of motor skills.

Benchmark: Demonstrate an understanding of and apply more advanced movement, skills, and game strategies.

Content Standard III. Participate regularly in physical activity.

Benchmark: Participate regularly in health-enhancing physical activities (e.g. fitness activities, water safety instruction, individual and team sports skills and activities).

Content Standard IV. Achieve and maintain a health-enhancing level of physical fitness.

Benchmark: Participate in and evaluate their personal level of fitness for each component of the Fitness Tests: Flexibility, Agility, Muscular Strength, Muscular Endurance, Cardiovascular Endurance.

Content Standard V. Demonstrate responsible personal and social behavior while respecting differences among people in physical activity settings.

Benchmarks: Work cooperatively with a group to achieve group goals (e.g. rhythmic activities, stunts and tumbling, simple games and relays) in competitive as well as cooperative settings.

Follow established rules, procedures and safety guidelines.



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**CONTENT STANDARDS AND COURSE BENCHMARKS WITH INDICATORS FOR
PHYSICAL EDUCATION, GRADES 6, 7, & 8:**

**Content Standard I. Use a variety of basic and advanced movement forms. The students in
Urbandale Middle School Physical Education should be able to . . .**

Benchmark: Demonstrate competence in modified versions of a variety of movement forms.

Indicators: Demonstrate a variety of basic tumbling skills (log roll, forward roll, 360 turn).
(6)
Demonstrate basic knowledge and understanding of aquatic activities (e.g. front
float, flutter kick, breath holding) (6,7,8)
Recognize water safety expectations (e.g. Reaching/Throwing Assist, Individual
personal safety). (6,7,8)

Assessments: Teacher Observation
Written Test
Skills Assessment

**Content Standard II. Apply movement concepts and principles to the learning and
development of motor skills. The students in Urbandale Middle School Physical Education
should be able to . . .**

Benchmark: Demonstrate an understanding of and apply advanced movement, skills, and game
strategies.

Indicators: Demonstrate body/spatial awareness and rhythmic patterns in dance (e.g.
grapevine, box step, cha-cha, rocker step.) (6,7,8)

Assessments: Teacher Observation

**Content Standard III. Participate regularly in physical activity. The students in Urbandale
Middle School Physical Education should be able to . . .**

Benchmark: Participate regularly in health-enhancing physical activities throughout their
Urbandale Middle School physical education experience.

Indicators: Participate in daily physical education fitness routines (e.g. dynamic warm-up,
static stretching, muscular and core strengthening, cardiovascular endurance
activities). (6,7,8)



Participate in a variety of physical education health enhancing units (e.g. water safety/aquatics, team games, international dance, leisure/lifetime activities).

Assessments: Teacher Observation
Teacher Checklist

Content Standard IV. Achieve and maintain a health-enhancing level of physical fitness. The students in Urbandale Middle School Physical Education should be able to . . .

Benchmark: Participate in and evaluate their personal level of fitness for flexibility, agility muscular strength, muscular endurance, and cardiovascular endurance.

Indicators: Participate in and begin to develop a strategy for the improvement of:
Flexibility (Sit and Reach Test) (6,7,8)
Agility (Shuttle Run Test) (6,7,8)
Muscular Strength (Pull-up Test) (6,7,8)
Muscular Endurance (Curl-up Test) (6,7,8)
Cardiovascular Endurance (Mile Run Test) (6,7,8)

Assessments: Teacher Observation
Physical Fitness Personal Record Sheet
Presidential Physical Fitness Testing

Content Standard V. Demonstrate responsible personal and social behavior while respecting differences among people in physical activity settings. The students in Urbandale Middle School Physical Education should be able to . . .

Benchmark: Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.

Indicators: Demonstrate success by working in a group setting to accomplish a specific goal or task (e.g. Team building activities, Tug of War, Relays). (6,7,8)

Assessments: Teacher Observation

Benchmark: Follow established rules, procedures and safety guidelines.

Indicators: Illustrate physical education expectations, procedures, and etiquette that are safe and effective for specific activity situations (e.g. Success Guidelines for Urbandale Middle School physical education Be Responsible, Be Respectful, Be Your Best). (6,7,8)
Apply knowledge of and follow expectations, procedures and safety guidelines in the physical education settings (e.g. locker room, gymnasium, and community facilities), while making conscious decisions to apply the expectations daily. (6,7,8)

Assessments: Teacher Observation



No student enrolled in the Urbandale Community School District shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination in the District's programs on the basis of race, color, creed, sex, religion, marital status, ethnic background, national origin, disability, sexual orientation, gender identity, or socio-economic background. The policy of the District shall be to provide educational programs and opportunities for students as needed on the basis of individual interests, values, abilities and potential.

