



## Middle School Health and Physical Education Instruction in the West Shore School District

Participation in physical education is a requirement for all middle schools in the West Shore School District. Our P.E. programs focus on team sports, cooperative games, individual physical fitness and appropriate sportsmanship characteristics. We believe that every student has an equal opportunity to be successful in meeting the requirements for their physical education class. Every student will be assessed in the areas of preparation/participation, knowledge of the activities, sportsmanship and skills.

### Best Practices in Middle School Physical Education:

- Our ultimate goal is for students to learn, develop basic skills and strategies within different sports and apply those concepts in a recreational setting.
- Build teamwork concepts and strategies
- Encourage appropriate sportsmanship on and off the playing fields and in social settings.

### Units of Study:

- Football
- Physical/Cardiovascular Fitness
- Basketball
- Floor Hockey
- Volleyball
- Cooperative Games
- Track & Field (NC)
- Mile Run
- Character
- Connections in Sports (CMS)

### Skills and Concepts:

- Throwing and catching various sport balls
- Running
- Jumping
- Long distance running technique
- Fitness testing: flexibility, muscular strength, muscular endurance  
Speed, agility
- Manipulating objects with other objects: floor hockey, cooperative games  
Shooting to score: basketball, hockey
- Serving: Volleyball
- Passing skills: football, basketball, Hockey, Volleyball
- Team strategy and decision making
- Sportsmanship skills.

### Standards:

PA state standards 10.-10.5

[PDE](#)

### Assessments:

- Skill testing
- Summative and formative written tests/quizzes
- Self and peer assessments
- Reflection assignments
- Preparation/participation
- Teacher observation

### Materials and Resources:

Physical education equipment  
Physical education facilities  
Physical education uniforms

### Parent Resources:

American Association for Health, Physical Education, and Recreation (AAHPER)  
American Association for Health, Physical Education, Recreation, Dance and Sport (AAHPERDS)



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American Association for Physical Activity and Recreation (AAPAR) American Association for Health Education (AAHE)  
National Association for Girls and Women in Sports (NAGWS)  
National Association for Sports and Physical Education (NASPE)  
[PSAHPERD](#)