

MAYWOOD PUBLIC SCHOOL

Health & Physical Education Curriculum

Health & Physical Education Philosophy

Physical activity is a vital part of a student's healthy lifestyle. The goal of physical education is to develop students with the knowledge, skills, awareness and responsible behavior to maintain an active healthy lifestyle throughout their lives.

Health & Physical Education Exit Outcomes

By the end of the twelfth grade, students at Maywood Public School will be able to....

1. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participate regularly in physical activity that includes individual and team activities.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Exhibit responsible personal and social behavior that respects self and others in physical activity settings.
6. Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Health & Physical Education Strands

1. Motor Skills and Movement Patterns
2. Movement Concepts, Principles, Strategies, and Tactics
3. Physical Activity
4. Health Enhanced Physical Fitness
5. Responsible Personal and Social Behavior
6. Value Physical Activity

Health & Physical Education Curriculum Matrix

1. Motor Skills and Movement Patterns

Identifier	Objective									Jr. High P.E.	Health/P.E.	Body Conditioning
		K	1st	2nd	3rd	4th	5th	6th				
1.1	Establish a mature pattern of locomotor skills.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>						
1.2	Establish a mature pattern of non-locomotor skills.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>						
1.3	Develop mature patterns of manipulative skills.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>			
1.4	Exhibit a mature form of manipulative skills.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>			
1.5	Demonstrate the ability to adapt and adjust movement skills.			<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>				
1.6	Display mature forms of locomotor patterns and non-locomotor skill combinations.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>			
1.7	Exhibit the mature forms of manipulative skills.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>		
1.8	Show the ability to adapt and adjust a combination of movement skills in applied settings.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>		
1.9	Exemplify beginning skills of selected specialized movement forms.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>		

2. Movement Concepts, Principles, Strategies, and Tactics

2.1	Associate basic movements through the use of terminology and/or cue words.	<i>I</i>	<i>D</i>	<i>M</i>								
2.2	Apply feedback to improve performance.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>			
2.3	Apply principle skill development to improve and enhance performance.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>			
2.4	Demonstrate and incorporate basic strategies in a non-complex setting (offensive strategies: head fake, foot fake, etc.).				<i>I</i>	<i>D</i>	<i>D</i>	<i>M</i>				
2.5	Detect and correct errors in personal performance.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>		
2.6	Identify and apply strategies and tactics within game play.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>			
2.7	Demonstrate knowledge of the rules of the game play.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>		
2.8	Demonstrate the sportsmanship and fair play of games and activities.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>		

3. Physical Activity

Identifier	Objective									Jr. High P.E.	Health/P.E.	Body Conditioning
		K	1st	2nd	3rd	4th	5th	6th				
3.1	Participates regularly in a variety of physical activities.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
3.2	Introduce personal physical activity goals to meet needs and interests.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
3.3	Refine skills, expand knowledge, cultivate interest and strengthen desire to independently maintain an active lifestyle.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
3.4	Engage in individual activities from fitness to individual sports.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>				
3.5	Participates in team oriented sports or activities.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	

4. Health Enhanced Physical Fitness

4.1	Engage in physical activities specifically related to each component of physical fitness.(i.e. cardiorespiratory endurance, flexibility, muscular strength and endurance, and body composition).	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
4.2	Recognize physical activity as a component to a healthy lifestyle.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
4.3	Identify strengths and weaknesses based upon health related fitness indicators.							<i>I</i>	<i>D</i>	<i>D</i>	<i>M</i>	

5. Responsible Personal and Social Behavior

5.1	Demonstrate progress toward working cooperatively and interacting with other students regardless of differences in background.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
5.2	Identify and model safety practices, class procedures, and etiquette.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
5.3	Exhibit good sportsmanship and fair play during physical activities.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
5.4	Assess and take responsibility for own behavior without blaming others.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	
5.5	Accept the responsibility for taking leadership and/or supportive roles in order to accomplish group goals.				<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>	

6. Value Physical Activity

Identifier	Objective									Jr. High P.E.	Health/P.E.	Body Conditioning
		K	1st	2nd	3rd	4th	5th	6th				
6.1	Identify feelings resulting from challenges, successes and failures in physical activity.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>
6.2	Attempt new activities for enjoyment and personal challenge.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>
6.3	Recognize physical activity as a positive opportunity for social development and group interaction.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>
6.4	Identify the effect of physical activity on body composition (e.g., justification of activity on body).						<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>
6.5	Attribute success and improvement to effort and practice.						<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>
6.6	Introduce lifetime physical activities that meet individual needs.	<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>
6.7	Introduce the benefits of team oriented goals and achievements.							<i>I</i>	<i>D</i>	<i>D</i>	<i>D</i>	<i>M</i>

Approved: November 2012