

OBJECTIVES & OUTCOMES

PIONEER MIDDLE SCHOOL PHYSICAL EDUCATION DEPT.

GENERAL WELLNESS

Students will establish a firm foundation of the physical, psychological and social skills needed to pursue a life long commitment to personal wellness.

1. SPORT INVOLVEMENT

Students will acquire a broad range of the skill, knowledge and concepts necessary for their successful participation in sports.

- a. Students will be able to identify a wide variety of individual and team sports.
- b. Students will describe what is meant by lifetime sports and lifetime sports involvement.
- c. Students will identify and demonstrate the major components in all sport areas within the curriculum.
- d. Students will identify and exhibit the positive traits displayed by the successful athlete.

2. AQUATICS

Students will demonstrate aquatic stability through stroke execution, swimming endurance and various basic lifesaving techniques.

- a. Students will work to increase their swimming endurance by participating in aerobic aquatic activities.
- b. Students will show competency in five basic swim strokes.
- c. Students will acquire basic lifesaving techniques through teacher modeling, discussions and participation.
- d. Students will broaden their aquatic experiences through lessons focusing on water survival skills.

3. PHYSICAL FITNESS

Students will demonstrate a progression of development in the following areas: agility, muscular strength, muscular endurance, muscle power and cardiovascular endurance.

- a. Students will identify and define the major components of physical fitness.
- b. Students will demonstrate an understanding of the correlation between physical fitness and exercise.
- c. Students will demonstrate an understanding of the relationship between physical fitness and successful sport involvement.
- d. Students will demonstrate the ability to select and categorize appropriate exercises for development in specific areas of physical fitness.

- e. Students will be selective in choosing appropriate stretching techniques to incorporate prior to physical activity.
- f. Students will differentiate between isometric, isotonic, and isokinetic exercises.

4. COLLABORATION

In a team setting, students will analyze and demonstrate the importance of effective communication and cooperative skills when implementing various team strategies.

- a. Students will demonstrate an understanding of cooperative skills.
- b. Students will analyze the essential components of effective communication.

5. PHYSIOLOGY

Students will be able to describe the basic physiological changes which take place in the body during various aerobic and anaerobic activities.

- a. Based on their understanding of anatomy, students will establish parallels between internal body functions and various forms of physical activity.
- b. Students will understand the function of the lungs and heart in providing their exercising muscles with oxygen and necessary nutrients.
- c. Students will demonstrate their understanding of the proper breathing techniques utilized to maximize weight training outcomes.
- d. Students will be able to locate and determine their resting, elevated and maximum heart rate in order to determine whether or not they are receiving the greatest benefits from their exercise exertion without risking injury.

6. ANATOMY

Students will be able to identify and discuss the basic skeletal and muscular systems of the body.

- a. Students will locate and identify various major muscle groups.
- b. Students will understand the need for conditioning and strength training antagonistic muscles to maintain joint stability.

7. STRESS MANAGEMENT

Students will illustrate techniques of relieving stress through physical activity.

- a. Students will identify the difference between eustress and distress, perception of the effects of each and how those effects can drive or alter body functions.
- b. Students will demonstrate how exercise and physical activity can reduce stress and stress-related health problems.

8. SELF-HELP SKILLS

Students will demonstrate self-confidence and self-discipline when working to achieve success in individual sports.

- a. Students will describe what is meant by self-discipline and self-confidence.
- b. Students will give specific examples in sport of how self-discipline and self-confidence can be used to heighten performance levels.

9. POSITIVE SELF-IMAGE

Students will identify and discuss the correlation between physical activity and positive self-image.

- a. Students will discuss how intrinsic and extrinsic factors influence one's self-esteem.
- b. Students will discuss the various physical and psychological effects of exercise and physical activity.

10. CREATIVITY

Students will demonstrate the ability to express themselves physically through carefully designed dance, exercise, or gymnastic routines.

- a. Students will discuss how physical activity can be used as a form of self-expression, beginning with elementary movement patterns and extending to high level gymnastic or dance routines.

11. SAFETY

Students will be able to recognize the importance of safety when involved with physical activity.

- a. Students will demonstrate an understanding of how a proper warm-up routine prior to physical activity can reduce risk of injury.
- b. Students will discuss how personal and team ethics can enhance safety in competition.
- c. Students will understand the importance of providing a safe environment in which people can safely and successfully pursue physical activity.

Pioneer Middle School

Physical Education Additions and Changes

Current Additions

- Grades 5 – 8: Co-educational Curriculum
- Grades 7 – 8: X-Country Skiing
- Grades 5 – 8: Co-educational Rhythms and Dance
- All Grades: Greater diversity and creativity through multi-instructional teaching methods providing increased opportunities for in depth learning.

Hopeful Future Additions

- Grades 5 – 8: Project Adventure low ropes teaching facility

Targeting Obesity

- Extensive pre and post-year physical fitness testing
 - Daily warm-ups and stretching for upper, core and lower body
 - Cross-country running
 - Fitness swimming
 - Fitness Room and Personal Wellness (two full units)
 - Fitness Wall of Fame: recognizes and encourages higher performance outcomes while enhancing intrinsic motivation
 - Engagement in vigorous activity through varied sport involvement...
- Soccer
 - Handball
 - Basketball
 - Softball
 - Football
 - Volleyball
 - Softball
 - Racquet Sports