



Mequon-Thiensville School District

Course Scope & Sequence

Course Name: Grade 6 Physical Education	Department: Physical Education/Health
Grade Level: 6	Duration:

Course Overview: This course provides each student the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports and physical fitness activities. The curriculum is designed to enhance the cognitive, motor, affective and fitness development of each student. Students will receive instruction in rules and strategies associated with a variety of sports, as well as learning experiences that prompt students to question, analyze and communicate concepts. Students will also have the opportunity to participate in individual sports, which encourage lifelong involvement in physical activity. The program promotes the spirit of cooperation, leadership, fair play and friendly competition.

Topics/Units:	Time Frame:
1. Flag Football: Students will develop fundamental offensive and defensive skills used in football. Students will also be introduced to the positions, rules, and strategies necessary to participate in modified flag football games.	12 days
2. Basketball: Students will develop fundamental skills used in basketball. Students will also be introduced to the rules and strategies necessary to participate in modified basketball games.	12 days
3. Volleyball: Students will develop fundamental skills used in volleyball. Students will be introduced to the rules and strategies necessary to participate in modified and regulation volleyball games.	12 days
4. Pickleball: Students will develop fundamental skills used in pickleball. Students will be introduced to the rules and strategies necessary to participate successfully during pickle ball game play.	12 days
5. Eclipse Ball: Eclipse Ball is a team racket game in which a ball is struck with a paddle over the net to the opponent, similar to the game of volleyball. Each team has a maximum of three hits and the ball is allowed to bounce once in between each hit. The game is played on a Badminton court using five foot height nets. Students will be introduced to skills, rules and strategies necessary to compete successfully.	6 days
6. Archery: Students will develop the fundamental skills used in archery. Students will be introduced to signals, terminology, shooting technique, scoring values and safety.	9 days
7. Soccer: Students will develop fundamental skills used in soccer. Students will be introduced to positions, strategies, rules and terminology to be used during game play.	9 days
8. Floor Hockey: Students will develop fundamental skills used in floor hockey. Students will also be introduced to the rules and strategies necessary to participate successfully during game play.	9 days
9. Softball: Students will develop fundamental skills used in softball. Students will be introduced to the rules and terminology necessary to participate in modified softball games.	9 days



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10. Track and Field: Students will develop fundamental skills used in track and field. During this unit, students will be introduced to running and field events, in addition to the rules and strategies necessary to participate successfully during track and field activities.	6 days
11. Fitness Assessment: Students will be introduced to the health related components of fitness (muscular strength, muscular endurance, cardiovascular endurance and flexibility). Students will be assessed during the fall and spring and emphasis will be placed on individual improvement in each of these areas.	4 days
12. Badminton: Students will develop fundamental skills used in badminton. Students will be introduced to the rules and strategies necessary to participate successfully during badminton game play.	9 days
13. Strength and Conditioning: Students will be introduced to the twelve major muscle groups and the five components of fitness. Students will also learn basic muscle anatomy and function. Activities will include traditional weight training, resistance band training, medicine ball training, flexibility training and agility.	8 days
14. Cooperative Games: Students will participate in a variety of activities that emphasize teamwork, cooperation, strategies, and communication.	Ongoing
15. 21st Century Skills: Students will develop and demonstrate 21st Century skills in a variety of Physical Education activities. The ability to navigate the complex life and work environments in the globally competitive information age requires students to pay rigorous attention to developing adequate life and career skills. The skills referenced are from The Partnership for 21st Century Skills at www.p21.org .	Ongoing

Course Name: Human Growth & Development	Department: Physical Education/Health
Grade Level: 6	Duration:

Topics/Units:	Time Frame:
<ol style="list-style-type: none"> 1. Parent/Guardian as Primary Educator 2. Responsible Decision-Making: The Effect of Alcohol & Drug Use 3. Media and Peer Impact on One's View of Sexuality 4. Biological, Psychological, Emotional, and Intellectual Changes 5. Making Responsible Decisions 	2 Hours



Mequon-Thiensville School District

Course Scope & Sequence

Course Name: Wellness	Department: Physical Education/Health
Grade Level: 6	Duration: 6 weeks

Course Overview: The seven dimensions of wellness will be introduced in this course. These include physical, nutritional, social, intellectual, emotional, occupational, and environmental wellness. Students will take part in a wide range of activities and assessments to broaden their knowledge in these areas. During this course, students will learn basic nutrition information, appropriate first aid techniques, the components of fitness and how drugs affect the body. Other topics such as environment, how to form meaningful relationships, and how the brain influences our behaviors and decisions might also be introduced. Students meet daily for 6 weeks.

Topics/Units:	Time Frame:
1. Introduction to Wellness: Students will be introduced to the seven dimensions of wellness: Physical, Social, Emotional, Occupational, Intellectual and Environmental.	1 day
2. Nutrition: Nutrition topics will include how to analyze fast food choices, the effects of high fat diets on the human body, the influence media has on nutritional choices and the importance of self-responsibility in our food choices.	4 days
3. First Aid and Sun Safety: Students will identify proper first aid response and treatment for a variety of conditions and emergencies including choking, shock, bleeding, sprains and strains, stroke, heart attack, burns, allergic reactions. Students will also discuss how to assess the scene in an emergency and what an initial assessment would entail. Sun safety will be discussed.	5 days
4. Components of Fitness: Students will be introduced to the various components of fitness: muscular strength, muscular endurance, cardiovascular endurance, body composition, and flexibility.	10 days
5. Steroids/Eating Disorders/Alcohol: Students will study the effects of steroids, eating disorders and alcohol on the human body. The physical and psychological effects of each will be discussed. The role of low self-esteem in the use of alcohol and/or steroids and eating disorders will be explored. The need for professional intervention in the treatment of eating disorders will be emphasized.	8 days
6. Environmental Wellness: Students will research and debate a variety of environmental topics.	5 days
7. The Mind/Body Connection: Students will participate in activities such as yoga, pilates and relaxation. The connection between the mind and body will be explored.	3 days



Mequon-Thiensville School District

Course Scope & Sequence

Course Name: Physical Education	Department: Physical Education/Health
Grade Level: 7	Duration:

Course Overview: This course provides each student the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports and physical fitness activities. The curriculum is designed to enhance the cognitive, motor, affective and fitness development of each student. Students will receive instruction in rules and strategies associated with a variety of sports, as well as learning experiences that prompt students to question, analyze and communicate concepts. Students will also have the opportunity to participate in individual sports, which encourage lifelong involvement in physical activity. The program promotes the spirit of cooperation, leadership, fair play and friendly competition. Seventh grade students will acquire knowledge related to movement concepts, principles and strategies that apply to the learning and performance of physical activities.

Topics/Units:	Time Frame:
1. Strength and Conditioning: Students will be introduced to the twelve major muscle groups and the five components of fitness. Students will also learn basic muscle anatomy and function. Activities will include traditional weight training, resistance band training, medicine ball training, flexibility training and agility.	8 days
2. Flag Football: Students will develop fundamental offensive and defensive skills used in football. Students will also be introduced to the positions, rules, and strategies necessary to participate in modified flag football games.	12 days
3. Basketball: Students will develop fundamental skills used in basketball. Students will also be introduced to the rules and strategies necessary to participate in modified basketball games.	12 days
4. Volleyball: Students will develop fundamental skills used in volleyball. Students will be introduced to the rules and strategies necessary to participate in modified and regulation volleyball games.	12 days
5. Pickleball: Students will develop fundamental skills used in pickleball. Students will be introduced to the rules and strategies necessary to participate successfully during pickle ball game play.	12 days
6. Eclipse Ball: Eclipse Ball is a team racket game in which a ball is struck with a paddle over the net to the opponent, similar to the game of volleyball. Each team has a maximum of three hits and the ball is allowed to bounce once in between each hit. The game is played on a Badminton court using five foot height nets. Students will be introduced to skills, rules and strategies necessary to compete successfully.	6 days
7. Archery: Students will develop the fundamental skills used in archery. Students will be introduced to signals, terminology, shooting technique, scoring values and safety.	9 days
8. Soccer: Students will develop fundamental skills used in soccer. Students will be introduced to positions, strategies, rules and terminology to be used during game play.	9 days
9. Floor Hockey: Students will develop fundamental skills used in floor hockey. Students will also be introduced to the rules and strategies necessary to participate successfully during game play.	9 days



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Course Scope & Sequence

10. Softball: Students will develop fundamental skills used in softball. Students will be introduced to the rules and terminology necessary to participate in modified softball games.	9 days
11. 21st Century Skills: Students will develop and demonstrate 21st Century skills in a variety of Physical Education activities. The ability to navigate the complex life and work environments in the globally competitive information age requires students to pay rigorous attention to developing adequate life and career skills. The skills referenced are from The Partnership for 21st Century Skills at www.p21.org .	Ongoing
12. Track and Field: Students will develop fundamental skills used in track and field. During this unit, students will be introduced to running and field events, in addition to the rules and strategies necessary to participate successfully during track and field activities.	6 days
13. Fitness Assessment: Students will be introduced to the health related components of fitness (muscular strength, muscular endurance, cardiovascular endurance and flexibility). Students will be assessed during the fall and spring and emphasis will be placed on individual improvement in each of these areas.	4 days
14. Badminton: Students will develop fundamental skills used in badminton. Students will be introduced to the rules and strategies necessary to participate successfully during badminton game play.	9 days
15. Cooperative Games: Students will participate in a variety of activities that emphasize teamwork, cooperation, strategies, and communication.	Ongoing
16. Lacrosse: Student will develop fundamental offensive skills used in lacrosse. Students will also be introduced to the rules and strategies necessary to participate in modified lacrosse games.	9 days

Course Name: Human Growth & Development	Department: Physical Education/Health
Grade Level: 7	Duration: 2 Hours

Topics/Units:	Time Frame:
<ol style="list-style-type: none"> 1. Parent/Guardian as the Primary Educator 2. Sexual Risk Avoidance: Preferred Expected Standard of Healthy Behavior 3. Sexual Risk Avoidance: Only Reliable Way to Prevent Pregnancy & STIs 4. HPV, HIV, and AIDS 5. Teen Sex and the Law 6. Benefits of Abstaining from Sexual Intercourse 7. Responsible Decision-Making: The Effect of Alcohol & Drug Use 8. Media and Peer Impact on One's View of Sexuality 9. Sexually Transmitted Infections (STIs) 10. Biological, Psychological, Emotional, and Intellectual Changes 11. Making Responsible Decisions 	2 hours



Mequon-Thiensville School District

Course Scope & Sequence

Course Name: Physical Education	Department: Physical Education/Health
Grade Level: 8	Duration:

Course Overview: This course provides each student the opportunity to participate in a comprehensive program consisting of skill development, lead up games, team sports and physical fitness activities. The curriculum is designed to enhance the cognitive, motor, affective and fitness development of each student. Students will receive instruction in rules and strategies associated with a variety of sports, as well as learning experiences that prompt students to question, analyze and communicate concepts. Students will also have the opportunity to participate in individual sports, which encourage lifelong involvement in physical activity. The program promotes the spirit of cooperation, leadership, fair play and friendly competition. Eighth grade students will acquire knowledge related to physical fitness concepts, principles and strategies to improve health and performance.

Topics/Units:	Time Frame:
1. Lacrosse: Student will develop fundamental offensive skills used in lacrosse. Students will also be introduced to the rules and strategies necessary to participate in modified lacrosse games.	9 days
2. Strength and Conditioning: Students will be introduced to the twelve major muscle groups and the five components of fitness. Students will also learn basic muscle anatomy and function. Activities will include traditional weight training, resistance band training, medicine ball training, flexibility training and agility.	8 days
3. Flag Football: Students will develop fundamental offensive and defensive skills used in football. Students will also be introduced to the positions, rules, and strategies necessary to participate in modified flag football games.	12 days
4. Basketball: Students will develop fundamental skills used in basketball. Students will also be introduced to the rules and strategies necessary to participate in modified basketball games.	12 days
5. Volleyball: Students will develop fundamental skills used in volleyball. Students will be introduced to the rules and strategies necessary to participate in modified and regulation volleyball games.	12 days
6. Pickleball: Students will develop fundamental skills used in pickleball. Students will be introduced to the rules and strategies necessary to participate successfully during pickle ball game play.	12 days
7. Eclipse Ball: Eclipse Ball is a team racket game in which a ball is struck with a paddle over the net to the opponent, similar to the game of volleyball. Each team has a maximum of three hits and the ball is allowed to bounce once in between each hit. The game is played on a Badminton court using five foot height nets. Students will be introduced to skills, rules and strategies necessary to compete successfully.	6 days
8. Archery: Students will develop the fundamental skills used in archery. Students will be introduced to signals, terminology, shooting technique, scoring values and safety.	9 days
9. Soccer: Students will develop fundamental skills used in soccer. Students will be introduced to positions, strategies, rules and terminology to be used during game play.	9 days



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10. Floor Hockey: Students will develop fundamental skills used in floor hockey. Students will also be introduced to the rules and strategies necessary to participate successfully during game play.	9 days
11. Softball: Students will develop fundamental skills used in softball. Students will be introduced to the rules and terminology necessary to participate in modified softball games.	9 days
12. 21st Century Skills: Students will develop and demonstrate 21st Century skills in a variety of Physical Education activities. The ability to navigate the complex life and work environments in the globally competitive information age requires students to pay rigorous attention to developing adequate life and career skills. The skills referenced are from The Partnership for 21st Century Skills at www.p21.org .	Ongoing
13. Track and Field: Students will develop fundamental skills used in track and field. During this unit, students will be introduced to running and field events, in addition to the rules and strategies necessary to participate successfully during track and field activities.	6 days
14. Fitness Assessment: Students will be introduced to the health related components of fitness (muscular strength, muscular endurance, cardiovascular endurance and flexibility). Students will be assessed during the fall and spring and emphasis will be placed on individual improvement in each of these areas.	4 days
15. Badminton: Students will develop fundamental skills used in badminton. Students will be introduced to the rules and strategies necessary to participate successfully during badminton game play.	9 days
16. Cooperative Games: Students will participate in a variety of activities that emphasize teamwork, cooperation, strategies, and communication.	Ongoing

Course Name: Human Growth & Development	Department: Physical Education/Health
Grade Level: 8	Duration: 2 Hours

Topics/Units:	Time Frame:
<ol style="list-style-type: none"> 1. Parent/Guardian as Primary Educator 2. Sexual Risk Avoidance: Expected Standard of Healthy Behavior 3. Sexual Risk Avoidance: Only Reliable Way to Prevent Pregnancy and STIs 4. HPV, HIV, and AIDS 5. Criminal Penalties for Sexual Activities 6. Sex Offender Information 7. Benefits of Abstaining from Sexual Activity 8. Responsible Decision-Making: The Effect of Alcohol and Drug Use 9. Media and Peer Impact on One's View of Sexuality 10. Sexually Transmitted Infections (STIs) 11. Biological, Psychological, Emotional, and Intellectual Changes 12. Making Responsible Decisions 	2 hours