

Brunswick School Department
Physical Education Curriculum
6-8
Curriculum Alignment

| | Grade 6 | Grade 7 | Grade 8 |
|--|--------------------------|--------------------------|--------------------------|
| G. Movement/Motor Skills and Knowledge Students demonstrate the fundamental and specialized movement skills and apply principles of movement for improved performance. | | | |
| G1.Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force during skill practice. | | | |
| a. Demonstrate the principle of opposition. | Tennis | Pickleball | Wiffleball |
| b. Demonstrate how the point of contact changes the path of an object. | Soccer | Golf | Volleyball |
| c. Demonstrate how the point of release changes the path of an object. | Disc Golf | Tennis | Basketball |
| d. Demonstrate lifts and actions that decrease risk for injury. | Floor Hockey | Soccer | Golf |
| G2.Movement Skills Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities. | | | |
| a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities. | Basketball | Floor Hockey | Lacrosse |
| b. Combine manipulative skills with motor skills during drills or modified games/physical activities. | Basketball | Floor Hockey | Lacrosse |
| G3.Skill-Related Fitness Components Students describe the following skill-related components: balance, coordination, agility, speed, and power. | Fitness Circuit Training | Fitness Circuit Training | Fitness Circuit Training |
| G4.Skill Improvement Students explain how specific, positive, and correct feedback affect skill improvement. | Tennis | Pickleball | Golf |

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| H. Physical Fitness Activities and Knowledge Students demonstrate and apply fitness concepts. | | | |
| H1.Fitness Assessment Students participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals. | Fitness Circuit Training | Fitness Circuit Training | Fitness Circuit Training |
| H2.Health-Related Fitness Plan Students design a fitness program from established goals which addresses the five health-related fitness components and applies the frequency, intensity, time, and type (FITT) guidelines. | | | Fitness Circuit Training |
| H3.Fitness Activity Students participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition. | Fitness Circuit Training | Fitness Circuit Training | Fitness Circuit Training |
| H4.Physical Activity Benefits Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity. | Climbing Unit | Fitness Circuit Training | Fitness Circuit Training |

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| I. Personal and Social Skills and Knowledge Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings. | | | |
| I1.Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities. | | | |
| a. Work together as a team. | Cooper- ative Games | | Cooper- ative Games |
| b. Respond appropriately to peer pressure. | | Cooper- ative Games | Competi- -tive Games |
| c. Manage conflict. | Competi- -tive Games | | Cooper- ative Games |
| d. Engage peers respectfully in activities. | Cooper- ative Games | | Competi- -tive Games |
| I2.Responsible Behavior Students demonstrate responsible personal behaviors while participating in physical activities. | Recrea- -tional Lawn Games | Climbing Unit | Golf |
| I3.Safety Rules and Rules of Play Students describe game/physical activity rules and safety rules and their purpose. | | | |
| a. Explain the purpose for modifying playing rules in specified situations. | Tennis | Pickleball | Volley- ball |
| b. Explain the safety rules and possible risks associated with specific games/physical activities. | Wiffleball | Climbing Unit | Golf |