

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