



Course Outline: Comprehensive PE

Purpose: The purpose of this course is to provide the skills, knowledge, and motivation necessary for participation in non-traditional forms of physical activity. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy physically active lifestyle.

Standards: MS Comprehensive PE

Length: 18 Week Course

Textbook Resources: N/A

Contact Information: Dillon Giorgis (dillon.giorgis@browardschools.com) or Troy Wheaton (troy.wheaton@browardschools.com)

Week s	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-4	Introduction to class Unit 1: Building a Foundation and Fitnessgram	<p><i>Introduction to Fitness and Nutrition</i></p> <p>Introduction to Class: Class norms/expectations, locker rooms, teamwork, cooperation, sportsmanship, etiquette, safety</p> <p>Physical Education Components: Health, Physically Active Lifestyle, Benefits, Health related-fitness, physical fitness, skill related fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, progression, Aerobic, Anaerobic, fluid loss, heat illness, SMART Goal</p> <p>Health Education Components: Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components, Calories, Energy In-Energy Out,</p>	PE.6.C.2.3 PE.6.C.2.4 PE.6.C.2.7 PE.6.C.2.11 PE.6.C.2.1.12 PE.6.C.2.13 PE.6.C.2.21 PE.6.C.2.22 PE.6.L.3.1 PE.6.L.3.2 PE.6.L.3.3 PE.6.L.3.3 PE.6.L.3.4 PE.6.L.3.5 PE.7.L.3.1. PE.7.4.1 PE.7.L.3.2 PE.7.R.6.2 PE.7.M.1.8 PE.7.C.2.6 PE.8.R.6.2 PE.8.M.1.8 PE.8.L.3.2	Canvas Resources

			PE.8.L.4.4 PE.8.L.3.4 PE.8.M.1.4 PE.8.C.2.6 MA.K12.MTR.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1	
5-7	Unit 2: Rhythms, Balances, and Holds	<p>Dance/Balance</p> <p>Physical Education Components: Aerobic, Anaerobic, Improvisation, Rhythm, Zumba, Step Aerobics, Jazzercise, Cardio Kickboxing, Yoga, Pilates, Center of Gravity, Equilibrium, 1 point – 4 Point balances, Transfer of weight, Breathe, Breaths.</p>	PE.6.L.3.5 PE.6.1.5 PE.6.R.6.1 PE.6.L.3.3 PE.6.C.2.20 PE.6.C.2.19 PE.6.L.3.3 PE.6.M.1.11 PE.6.L.3.6 PE.6.C.2.17 PE.6.C.2.18 PE.6.M.1.12 PE.7.L.3.1. PE.7.4.1 PE.7.L.3.2 PE.7.R.6.2 PE.7.M.1.8 PE.7.C.2.6 PE.8.C.2.3	Canvas Resources

MS Team Sports – Broward County Public Schools

			PE.8.C.2.5 PE.8.C.2.6 PE.8.L.3.3 PE.8.L.3.1 PE.8.R.5.5 PE.8.M.1.3 PE.8.M.1.9	
9-11	Unit 3: Traditional Sports	<p>Basketball/Soccer</p> <p>Physical Education Components: Manipulative, vigorous, strategy, muscular strength, teamwork, flexibility, handball, foul, trap, pass, goalie, midfield, fullback, forward, shoot, corner-kick, goal kick, punt, offense, defense, in-step, throw in , goal cardiovascular endurance, penalty, free kick</p>	PE.8.C.2.2 PE.8.C.2.9 PE.8.C.2.5 PE.8.C.2.6 PE.8.R.5.5 PE.8.M.1.2 PE.8.M.1.3 PE.8.M.1.5 PE.8.M.1.7 PE.8.M.1.9 PE.8.L.3.1 PE.8.L.3.3	Canvas Resources
12-16	Unit 4: Non- Traditional and Sports from Other Cultures	<p>Ultimate Frisbee/Rugby/Lacrosse/Floorball</p> <p>Physical Education Components: Backhand, Forehand, Hammer, Stationary, Motor skill, Distance, Accuracy, Power, Strength, Create, Weakness, Open Space, Strategy, teamwork, agility, flexibility MVPA, Physical Activity, Zone,</p>	PE.C.2.2 PE.8.C.2.3 PE.C.2.6 PE.8.C.2.7 PE.8.L.3.1 PE.8.L.3.3 PE.8.L.3.5	Canvas Resources

MS Team Sports – Broward County Public Schools

		<p>Player to Player, Offense, Incomplete, Interception Principle of 3's, V cuts, Muscular Strength, Power, Floor Hockey, Agility, Balance, Coordination, Reaction Time, Dribbling, Face-Off, Forehand, Backhand, Cardiorespiratory Endurance, Competency, Flexibility, Corner to Corner Pass, Teamwork, Motor Skill, 2 on 1, Keep Away, Strategy, Competition, Speed, Lacrosse, cradling, scoop/groundball, pivoting, overarm throw, moving to pass, checking, keep-away, cutting, draw, dodging, three-second rule, outlet pass, goalkeeper, end line, possession, fair play, sportsmanship, integrity, rules boundaries.</p>	<p>PE.8.M.1.1 PE.8.M.1.3 PE.8.M.1.4 PE.8.M.1.6 PE.8.R.5.3 PE.8.R.5.4 PE.8.R.5.5 PE.8.C.2.3 PE.8.C.2.5 PE.C.2.7 PE.8.M.1.7 PE.8.C.2.8 PE.8.L.3.1 PE.8.L.3.3 PE.8.R.5.5 PE.8.M.1.4 PE.8.R.6.3 PE.8.M.1.3 PE.8.C.2.2 PE.8.R.6.2 PE.8.M.1.1 PE.8.M.1.2</p>	
17-18	Unit 7: Post-Tests and Conclusion	<p>Fitnessgram Post Assessment Common Assessment/End of Semester Celebration/Review prior content/Cooperative Games</p>		Canvas Resources

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)