



Southmoreland School District Grade 6-8 Wellness Curriculum Overview

SMS Physical Education & Health Curriculum Overviews

Physical Education Overview:

At this level students will learn how to become competent, literate, and enthusiastic about their sport experiences. Students will not only learn how to more completely play sports; they will also understand how to manage their sport experiences. Students will also learn how to correspond with others by open communication and shared responsibility while playing on their team during physical education. Students will play on teams throughout the school year, will learn skills/tactics and execute the skills in game situations. The sport units are broken down into net games, invasion games, and softball/kickball game units.

Health/Wellness Overview:

Our health/wellness education will provide students with the opportunity to learn knowledge and skills necessary for making health promoting decisions throughout a lifetime. At SMS students will address a variety of topics such as drugs and alcohol and their effects on the body, healthy eating/nutrition, mental health, social health, violence prevention, physical health, and personal health and wellness that can be used throughout a lifetime.

Physical Education Module Titles:

Module 1: Become competent, literate, and enthusiastic about sports

Module 2: Net game skills (deck tennis, volleyball, badminton, tennis/pickleball)

Module 3: Softball/kickball skills

Module 4: Invasion games skills (ultimate frisbee, soccer, team handball, speedball (soccer & handball combination), pillow polo (safe hockey), football (played like ultimate frisbee), and basketball



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Physical Education Module Overviews:

Module 1: Become competent, literate, and enthusiastic about sports

SMS uses a curriculum and instruction model called sport education. Sport education provides students with more authentic and enjoyable sport experiences. Students participate as members of teams throughout the year in 3 units that are broken into the categories because of similar tactical strategies (net games, invasion games, and softball). Within the team there are various roles/responsibilities such as coach, athletic trainer, sports reporter, equipment manager, athletic trainer, and scorekeeper. Teams develop strategies, team names, plays as they work together to learn and develop skills throughout the season.

Module 2: Net game skills (deck tennis, volleyball, badminton, tennis/pickleball)

Sports are broken down into units that have similar tactical strategies. In net games students will learn the following in each sport:

- **Deck Tennis:** rules of volleyball, (scoring, 3 touches, boundaries, rotation, serving) defending space, setting up an attack, and communication (calling “mine”).
- **Volleyball:** rules of the game, setting up an attack (Bumping, setting, spiking, and serving), defending space (various setups based on number of players).
- **Badminton:** rules of the game (boundaries, serving, scoring), grip, setting up an attack (clear, drop shot, smash, and serve), and defending space (base position/middle of the court).
- **Tennis/pickleball:** rules of the game (boundaries, serving, scoring), setting up an attack (forehand, backhand, drop, serving), defending space (base position/back middle of the court)

Module 3: Softball/kickball skills

Sports are broken down into units that have similar tactical strategies. In softball/kickball games students will learn the following in each sport:

- **Kickball:** rules of the game (scoring, base running, fielding, boundaries)
- **Softball:** rules of the game (scoring, base running, infield positions, outfield positions), hitting, throwing, catching, fielding (fly ball and ground ball), base running, situational plays.



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Module 4: Invasion games (ultimate frisbee, soccer, team handball, speedball (soccer & handball combination), pillow polo (safe hockey), football (played like ultimate frisbee), and basketball

Sports are broken down into units that have similar tactical strategies. Invasion games are games in which the goal is to invade an opponent's territory and score a goal or point. These are typically fast-paced games that need teamwork in order to control the ball, keep possession, move into a scoring position, and prevent the opposition from scoring. In invasion games students will learn the following in each sport:

- **Ultimate frisbee:** rules of the game, various passing, receiving, using open space, getting open, defense (player to player or zone).
- **Soccer:** rules of the game, passing, receiving, shooting, throw-ins, goaltending
- **Team handball:** rules of the game, various passing, catching, shooting, throwing, maintaining possession
- **Speedball:** rules of the game, creating space, overlapping, attacking the goal, converting the ball
- **Pillow-polo:** rules of the game, various passing, receiving a pass, stick handling, various shots, goaltending
- **Football:** (playing like ultimate frisbee): rules of the game, passing, catching, maintaining possession, moving to open space.
- **Basketball:** rules of the game, various passing (chest, bounce, overhead), various shooting (foul, jump shot, lay-up), dribbling, triple threat, defending (player to player or zone), and various basketball games (knockout, 21, 2 bounce, horse/out, 33)

Health/Wellness Module Titles:

Module 1: Drugs & Alcohol

Module 2: Personal fitness & Nutrition

Module 3: Mental health (stress management, depression, anxiety, & positive coping skills)

Module 4: Social health, peer relationships, anti-bullying, & coping mechanisms



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Health/Wellness Module Overviews:

Module 1: Drugs & Alcohol

- Have a basic understanding of Drugs and Alcohol and their chemical effects on the body as well as risk factors and consequences of using drugs and alcohol.
- Identify certain risk factors that contribute to teens' usage of drugs and alcohol.

Module 2: Personal fitness & Nutrition

- Know the 11 Components of health related fitness (my personal health results)
- Have an understanding of how to use health topics to make better decisions with exercise, weight training, and eating habits (calculating heart rates, exercising (training), calories, food labels, macronutrients, choose my plate, obesity, and your health goals)
- Have a basic understanding of proper nutrition and caloric intakes as it relates to body function and weight management.
- Have an understanding of body image and body development and they move through adolescence.

Module 3: Mental health (stress management, depression, anxiety, & positive coping skills)

- Have an understanding of Mental Health disorders such as depression, anxiety, and others mental health disorders along with factors that contribute to those issues.
- Learn essential positive coping mechanisms to deal with mental health issues.

Module 4: Social health, peer relationships, anti-bullying, & coping mechanisms

- Learn and understand concepts in social health and peer relationships with friends and family.
- Define Bullying and understand the consequences of how prolonged bullying can have on individuals.