



BEMIDJI MIDDLE SCHOOL

MRS. SCHULTZ

UNIFIED PHYSICAL EDUCATION CLASS

WHY UNIFIED?

AN INCLUSIVE ENVIRONMENT:

Unified Physical Education provides a unique opportunity for students with and without disabilities to come together through ongoing educational and physical activities.



UNITS

EVERY OTHER DAY CLASS TERMS 1 & 2:

- Collaborative & Team Building Games
- Substitute Games
- Soccer
- Flag Football
- Nitro Ball
- Basketball
- Floor Hockey
- Volleyball
- Weight Training

UNIFIED ATHLETES

A chance to:

- Work on meeting D.A.P.E Goals
- Help promote an inclusive school environment!
- Build long-term connections and friendships!



UNIFIED PARTNERS

A chance to:

- Work on leadership skills
- Help promote an inclusive school environment!
- Build long-term connections and friendships!

STUDENTS WILL..

Demonstrate competency in a variety of motor skills and movement patterns.

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Exhibit responsible personal and social behavior that respects self and others.

Recognize the value of physical activity for health, enjoyment, challenge, self-expressions, and social interaction.

