

CURRICULUM GUIDE

SUBJECT: Physical Education

GRADE: 7 and 8

TIMELINE: 1st Quarter

Standard	Kid Friendly Learning Objectives	Content (subject or topic covered in Journeys/My Perspectives)	DOK Level	Skills (ability, practice, aptitude that will be learned)	Assessment	Academic Vocabulary
<p>S4. Exhibits responsible personal and social behavior that respects self and other. Rules and fair play. S3.M1 PA Knowledge</p> <p>S4.M1 Personal Responsibility 7. Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. 8. Accepts responsibility for individual improvement of levels of physical activity and fitness (physical, emotional, and social).</p> <p>7. Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. 8. Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains the connections between fitness and overall physical and mental health.</p>	<p>Follow directions specific to class activities, locker room procedures and safety.</p> <p>Demonstrate a variety of movement skills.</p> <p>Engage in a series of fitness exercises that improve fitness.</p> <p>Identify the concepts of health-related fitness.</p>	<p>Intro to Physical Education/Rules and procedures Management activities</p> <p>Team building</p> <p>Fitness Gram</p>	<p>#2 What can you apply what you learned to develop or improve your own health?</p>	<p>Personal fitness assessment- Muscular strength Muscular endurance Flexibility</p>	<p>Pre-Test</p> <ul style="list-style-type: none"> • Fitness • Knowledge 	<p>Social behavior Responsibility</p> <p>Health-Related Fitness Concepts Endurance Prone Flexibility</p>
<p>S1.M3 Catching 7. Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play. 8. Catches using an implement in a dynamic environment or modified game play.</p>	<p>SWABT Demonstrate and describe the proper cues for throwing a football as a quarterback.</p>	<p>Flag Football</p>	<p>#2 Why is it important for the QB to step towards their target when they throw?</p>	<p>Catching Pass & receive Catching Punting Movement pattern Identify player positions</p>	<p>Performance skills- student demonstrations</p>	<p>Offense Defense Line of scrimmage Down Punting Off-sides Strategy Quarterback</p>

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<p>S1.M4 Passing and Receiving 7. Passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in modified invasion games such as soccer or speedball. 8. Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed, and/or level with competency in modified football games.</p> <p>S1.M6 Offensive Skills 7. Executes at least 1 of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. 8. Executes at least 2 of the following to create open space during modified game play: pivots, fakes, jab steps, and/or screens.</p>	<p>Demonstrate and describe the cues for throwing and catching using verbal responses.</p> <p>Correctly identify and describe three new pass routes: Ex. Post, Flag, Hook.</p>		<p>Why is it important for the WR to keep their hands up?</p>			<p>Center Wide receiver</p>
<p>S1.M12 Serving 7. Executes consistently (at least 70% of the time) a legal underhand serve to a predetermined target for volleyball. 8. Executes consistently (at least 70% of the time) a legal underhand serve for distance and accuracy for volleyball.</p> <p>S1. M16 Volley</p>	<p>SWBAT Perform the underhand serve over the volleyball net; underhand serve the volleyball to a certain area on the opposite court</p> <p>Volley the ball to a</p>	<p>Volleyball</p>	<p>Compare the use of the overhead serve and underhand techniques.</p>	<p>Serve Forearm pass Set shot Spiking</p>	<p>Teacher observation Skills test</p>	<p>Volley Bump Serve Blocking Switching Digging</p>

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<p>7. Forehand volleys with a mature form and control using a short-handled implement.</p> <p>8. Forehand volleys with a mature form and control using a short-handled implement during modified game play</p> <p>S1.M13 Striking 7 – Strikes, with a mature overarm pattern in a dynamic environment for volleyball.</p> <p>8 - Strikes, with a mature overarm pattern, in a modified game for one of the volleyball.</p>	<p>teammate using the forearm pass technique.</p> <p>Strike the volleyball overhead to serve the ball or to spike the ball downward over the net.</p>					
<p>S1.M22 Outdoor Pursuits</p> <p>S1.M3 Catching</p> <p>7. Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play.</p> <p>8 - Catches using an implement in a dynamic environment or modified game play.</p> <p>S1.M2 Throwing</p> <p>7. Throws with a mature pattern for distance or power appropriate to the activity in a dynamic environment.</p> <p>8. Throws with a mature pattern for distance or power appropriate to the activity during small-sided game play.</p>	<p>Catch a Frisbee disc using two hands by keeping eyes on the object until the object is in the hands.</p> <p>Use the backhand throw to pass the Frisbee to a partner. The goal is to keep the thumb on the topside of the Frisbee and bend and snap motions of the wrist. Frisbee parallel to the ground.</p> <p>Use the forehand throw</p>	<p>Ultimate Frisbee</p>		<p>Backhand Forehand Catching Cutting</p>		<p>Backhand Forehand Pancake Two-hand rim One-hand rim</p>

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<p>S1.M4 Passing and receiving 7. Passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in modified invasion games, soccer. 8. Passes and receives with an implement in combination with locomotor patterns of running and change of direction, speed, and/or level with competency in modified invasion games, soccer.</p> <p>S1. M9 Dribbling/Ball Control with Feet 7. Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks. 8. Foot dribbles or dribbles with an implement with control changing speed and direction during small-sided game play.</p> <p>S1. M10 Shooting on Goal 7. Shoots on goal with power and accuracy during small-sided game play. 8. Shots on goal with power and accuracy during small-sided game play.</p>	<p>by extending the arm and snapping the wrist is a quick forward motion.</p> <p>Explain the cues for the foot pass and outside of foot pass with 80% accuracy: using the in-step and outside of the foot moving in a variety of directions.</p> <p>Effectively pass the ball to a player standing stationary and moving in various directions.</p>	<p>Indoor Soccer</p>		<p>Passing Receiving Dribbling Trapping Shooting Throw-in</p>	<p>Teacher observation Skill performance and demonstration</p>	<p>Dribbling Instep kick Trapping Shooting</p>