

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</p> <p>7. Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates.</p> <p>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.</p> <p>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</p> <p>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</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>SWABT</p> <p>Demonstrate and describe the proper cues for throwing a football as a quarterback.</p>	<p>Flag Football</p>	<p>#2</p> <p>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</p> <p>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.</p> <p>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</p> <p>7. Executes at least 1 of the following designed to create open space during small-sided game play: pivots, fakes, jab steps.</p> <p>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</p> <p>Wide receiver</p>
<p>S1.M12 Serving</p> <p>7. Executes consistently (at least 70% of the time) a legal underhand serve to a predetermined target for volleyball.</p> <p>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</p> <p>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>	Volleyball	<p>Compare the use of the overhead serve and underhand techniques.</p>	<p>Serve</p> <p>Forearm pass</p> <p>Set shot</p> <p>Spiking</p>	<p>Teacher observation</p> <p>Skills test</p>	<p>Volley</p> <p>Bump</p> <p>Serve</p> <p>Blocking</p> <p>Switching</p> <p>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>	Ultimate Frisbee		<p>Backhand</p> <p>Forehand</p> <p>Catching</p> <p>Cutting</p>		<p>Backhand</p> <p>Forehand</p> <p>Pancake</p> <p>Two-hand rim</p> <p>One-hand rim</p>

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	by extending the arm and snapping the wrist is a quick forward motion.					
<p>S1.M4 Passing and receiving</p> <p>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.</p> <p>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</p> <p>7. Foot-dribbles or dribbles with an implement combined with passing in a variety of practice tasks.</p> <p>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</p> <p>7. Shoots on goal with power and accuracy during small-sided game play.</p> <p>8. Shots on goal with power and accuracy during small-sided game play.</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>	Indoor Soccer		<p>Passing</p> <p>Receiving</p> <p>Dribbling</p> <p>Trapping</p> <p>Shooting</p> <p>Throw-in</p>	<p>Teacher observation</p> <p>Skill performance and demonstration</p>	<p>Dribbling</p> <p>Instep kick</p> <p>Trapping</p> <p>Shooting</p>