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CANTON PUBLIC SCHOOLS 6-8 SCOPE AND SEQUENCE

Topics							
	Invasion Games	Experience Education & Cooperative Games	Net/Wall Games	Striking Games	Personal Fitness (Including Fitness Testing)	Recreational Games	Target Games
Standard	6-8	6-8	6-8	6-8	6-8	6-8	6-8
1							
2							
3							
4							
5							

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Student Class Organizer: GMS 6th Grade Physical Education

Class Essential Questions: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

Standards for Success:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

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UNITS IN THIS COURSE

- Invasion Games
- Cooperative Games
- Net/Wall Games
- Striking
- Target
- Fitness
- Teambuilding/Experiential Ed.

WHAT CRITICAL LIFE SKILLS WILL I LEARN

- Decision Making
- Hard Work
- Resiliency
- Self Advocacy
- Self-Motivation Injury Prevention

HOW WILL I BE ASSESSED

- Self/Peer Assessments
- Observational Checklists
- Written Assignments
- Fitness Testing/Goals

RELEVANCE OF MATERIAL

In life, we as individuals all have our own personal levels and interest of fitness. The topics in this course will help you to identify specific lifelong fitness activities and habits to maintain a healthy and manageable lifestyle.

ESSENTIAL QUESTIONS FOR EACH UNIT

Invasion Games

What are the skills necessary to succeed in invasion games?

Cooperative Games

How does working cooperatively help accomplish your goals?

Net/Wall Games

How does creating a proper underhand serve with control help me to be successful in all net/wall games?

Striking

How can I safely use various implements to properly strike an object and advance the object to an open space or net?

Fitness

Why is it important to evaluate present levels of fitness and set goals to improve them?

Target

What are the skills necessary to succeed in target games?

Teambuilding/Experiential Ed.

Why are skills and game knowledge important to participate in physical activities/sports?

Physical Education 6th Grade: Invasion Games

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

STANDARDS FOR SUCCESS

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UNIT FOCUS

- Soccer
- Capture the Flag

UNIT SKILLS

- Moving through space
- Meeting Expectations
- Team Work
- Cooperation
- Offensive/Defensive Skills

HOW WILL I BE ASSESSED?

- Teacher Observations
- Movement
- Skill Rubrics

ESSENTIAL QUESTION FOR EACH UNIT

Invasion Games

What are the skills necessary to succeed in invasion games?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to explain the rules of the game and demonstrate a mature catching pattern during various skill building activities.

Physical Education 6th Grade: Net/Wall Games

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

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UNIT FOCUS

- Badminton

UNIT SKILLS

- Proper Grip
- Serve
- Forehand Swing
- Rallying
- Backhand Swing

HOW WILL I BE ASSESSED?

- Written Assignment
- Observational Checklist

ESSENTIAL QUESTION FOR EACH UNIT

Net/Wall Games:

How does creating a proper underhand serve with control help me to be successful in all net/wall games?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to perform a proper underhand serve and forehand volley with mature form and control during net/wall games.

Physical Education 6th Grade: Teambuilding/Experiential Ed.

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
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UNIT FOCUS

- Project Adventure(Low ropes course)
- Spider web
- Stepping Stones
- All Aboard
- Circle to Circle

UNIT SKILLS

- Challenge by choice
- Leadership
- Cooperation
- Teamwork
- Resiliency
- Decision Making

HOW WILL I BE ASSESSED?

- Self/Peer Assessments

ESSENTIAL QUESTION FOR EACH UNIT

Team Building/Recreational Games

How does working cooperatively help accomplish your goals?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to demonstrate proper technique for outdoor skills, while exhibiting positive coping skills to complete individual outdoor challenges.

Physical Education 6th Grade: Cooperative Games

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life? How do my choices and actions impact my overall wellness? How do I achieve overall wellness?

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UNIT FOCUS

- Various Games (Monarch, Pinball, Scooter Games, King of the Hill)

UNIT SKILLS

- Decision Making
- Leadership
- Self-Advocacy
- Working Cooperatively
- Accomplishing a Common Goal

HOW WILL I BE ASSESSED?

- Self/Peer Assessments
- Movement
- Skill Rubrics

ESSENTIAL QUESTION FOR EACH UNIT

Why are skills and game knowledge important to participate in physical activities/sports?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to explain the relationship between self-expression and lifelong enjoyment through physical activities.

Physical Education 6th Grade: Fitness

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
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UNIT FOCUS

- Fitness Gram Testing
- Introduction to PLT4M

UNIT SKILLS

- Strength
- Flexibility
- Endurance
- Proper Form of various exercises

HOW WILL I BE ASSESSED?

- Teacher Observations
- Fitness Testing

ESSENTIAL QUESTION FOR EACH UNIT

Invasion Games

Why is it important to evaluate present levels of fitness and set goals to improve them?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to explain the role of warm-ups and cool-downs before and after physical activity,

Physical Education 6th Grade: Striking

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
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UNIT FOCUS

- Pillo Polo

UNIT SKILLS

- Stick Handling
- Passing
- Shooting
- Offensive/Defensive Skills
- Moving to an open space

HOW WILL I BE ASSESSED?

- Observational Checklist
- Teacher check ins

ESSENTIAL QUESTION FOR EACH UNIT

Striking: How can I safely use various implements to properly strike an object and advance the object to an open space or net?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to demonstrate a mature throwing pattern and safe use of physical activity with teacher's guidance during fielding and striking activities.

Physical Education 6th Grade: Target

CLASS ESSENTIAL QUESTIONS: To what extent does wellness have an impact on my quality of life?
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UNIT FOCUS

- Frisbee
- Kickball
- Lacrosse

UNIT SKILLS

- Throwing
- Fielding
- Proper forward release
- Offensive/Defensive Skills
- Teamwork & Catching

HOW WILL I BE ASSESSED?

- Observation Checklist
- Teacher Check ins

ESSENTIAL QUESTION FOR EACH UNIT

Striking Games

What are the skills necessary to succeed in target games

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to select appropriate discs based location to target in relation to target and be able to demonstrate a mature throwing pattern that focuses on distance and power.