




Physical Education

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 7th 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:

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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 can my participation in cooperative games translate into lifelong fitness?

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 master the concepts of offensive/defensive strategies within the small sided floor hockey game?

Fitness

How can I use my learned knowledge to be able to perform a squat, lunge, pushup?

Target

How can I use learned skills to become more successful in target games?

Teambuilding/Experiential Ed.

How can I use various communication strategies to achieve a common goal?

Physical Education 7th 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

- Speedball
- Ultimate Football

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 execute a combination of locomotor patterns while passing and receiving with the feet, and being able to shoot on goal with power and accuracy during a small sided game.

Physical Education 7th Grade: Net/Wall Games

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

- Volleyball

UNIT SKILLS

- Bump
- Set
- Serve
- Rally
- Court awareness

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 rally over the net four times, while maintaining court awareness with teammates.

Physical Education 7th 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 can I use various communication strategies to achieve a common goal?

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 7th 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

- Hector the Protector, Wall-Ball, Which Way Kickball, The Grid

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

How can my participation in cooperative games translate in to lifelong fitness?

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 7th Grade: Fitness

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

- Fitness Gram Testing
- Continuation of 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

Fitness

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 importance of proper form while performing various exercises.

Physical Education 7th Grade: Striking

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

- Floor Hockey
- Whiffle Ball

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 master the concepts of offensive/defensive strategies within the small-sided floor hockey game?

WHAT WILL I LEARN IN THIS UNIT

By the end of the unit, students will be able to strike to pass to an open target for scoring opportunities, and catch with a mature pattern from different trajectories using a variety of different objects?

Physical Education 7th Grade: Target

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

- Ultimate Frisbee
- Bean Bag Toss

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

How can I use learned skills to become more successful 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 on location to target in relation to target and be able to demonstrate a mature throwing pattern that focuses on distance and power.