

Select a Course:	PE Health Grade 7
Teacher:	CORE PE Health Grade 7
Course:	PE Health Grade 7
Year:	2016-17
Months:	- All -

August	Cooperation				
	Enduring Understandings	Essential Questions	Standards	Knowledge & Skills	Academic Language
	<p>1. Understand the importance of accepting teammates.</p> <p>2. Work with others appropriately.</p> <p>3. Know how to follow procedures.</p> <p>4. Be able to accept leadership from others and lead when appropriate.</p> <p>5. How the ability to cooperate leads to more opportunity.</p>	<p>1. What are different ways that you can show support to your teammates?</p> <p>2. How can you apply cooperation skills in other classes?</p> <p>3. How does your attitude correlate with your ability to cooperate with classmates?</p>	<p>21A.StageH.7 - Engage in physical activity when under the direction of a leader.</p> <p>21A.StageF.3 - Engage in safe physical activity when a leader is officiating (e.g., apply safety procedures and rules).</p> <p>21B.StageH.5 - Create a plan for improvement of roles played in a cooperative group physical activity.</p>	<p>Know:</p> <ul style="list-style-type: none"> -Distinguish between interpersonal skills and relationships. -Identify 3 key vocabulary words for group processing -Recognize conflict. <p>Do:</p> <ul style="list-style-type: none"> -Interact with others to work towards a common team goal -Formulate an action plan for a conflict within their team. -Facilitate a group to achieve team goals. 	<p>Tier 2 Vocabulary: Interact,, relationships, differences, support</p> <p>Tier 3 Vocabulary: Positive interdependence, interpersonal skill, group processing, accountability</p>
	Sportsmanship				
	Enduring Understandings	Essential Questions	Standards	Knowledge & Skills	Academic Language
	<p>1. Encouragement is critical in physical activity and life</p> <p>2. Encouragement is important for a positive climate, allowing others to take risks and feel confident.</p> <p>3. Verbal encouragement can help all individuals</p>	<p>1. Would you like to be the one being encouraged?</p> <p>2. How would you want to be treated?</p> <p>3. Why is it important to encourage others in daily living?</p>	<p>23C.StageH.9 - Practice effective methods of communication (written, verbal, non-verbal).</p> <p>24A.StageH.5 - Explain how positive communication helps to build and maintain relationships at school, at home, and in the workplace.</p> <p>21B.StageF.6 - Work cooperatively with others.</p>	<p>1. Learning to work as a team player and accept the outcomes of the game.</p> <p>2. Under a variety of circumstances, students will be able to manage their emotions and express themselves in socially acceptable ways.</p> <p>3. Develop</p>	<p>Tier 2 Vocabulary: Encourage, positive, reinforcement and kind</p> <p>Tier 3: Praise, MVP, Perseverance</p>

				qualities such as courtesy, cooperation, communication and consideration for others.	
September	🏠 Respect To Self & Others				
	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
	🏠 Enduring Understandings: Students will: <ol style="list-style-type: none"> understand that our school has a shared responsibility model, commitment to best practice, collaboration, and a continuum of learning. understand that with practice and supports, students can become active agents for learning. understanding the development of a fitness plan is essential for self-improvement. 	🏠 <ol style="list-style-type: none"> How can your actions toward yourself reflect on your classmates? Would your classmates consider you respectful? What is one example of demonstrating respect to yourself and others? 	21A.StageH.1 - Establish various roles within groups that are engaged in physical activity. 21A.StageH.2 - Demonstrate individual responsibility during group physical activity. 21A.StageH.7 - Engage in physical activity when under the direction of a leader.	🏠 <ol style="list-style-type: none"> Being an Honest with self and others. Learning to Listen Understanding the Value of Good Manners/Proper Conduct. Learning to Accept Personal Responsibility for Your Own Conduct. Learning When and How to Apologize Learning to Understand Which of Your Friends are Good Influences and Which Ones are Bad Influences. 	🏠 <ol style="list-style-type: none"> Consideration Esteem Dignity Confidence
	🏠 Effort				
	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕
	🏠 The students will: <ol style="list-style-type: none"> Move using concepts of body awareness, spatial awareness effort and relationships. Engage in physical activity that involves using movement and motor skills throughout a lifetime. Demonstrate efficient movement in order to improve performance. Participate in physical activity, sports, dance and rhythms. Grow through personal enjoyment, self expression, challenge and social interaction. 	🏠 <ol style="list-style-type: none"> Why is it important to work hard and participate in PE activities? How does your movement affect performance and fitness levels? How does effort in Physical Education enhance social, mental, and physical well-being? 	19A.StageF.5 - Participate in moderate to vigorous physical activity for an extended period of time (e.g. rate of perceived exertion 4-7 on a 10 point scale). 21A.StageH.5 - Remain on task when participating in group physical activity until a task is completed. 21A.StageG.7 - Demonstrate positive behaviors that contribute to the success of a group.	🏠 -The ability to get the most out of your PE period. -Effort correlates to your attitude and work ethic as lifelong learners. -Self motivation and effort is a skill coming from within that is applied in and out of PE.	🏠 <ol style="list-style-type: none"> Frequency Intensity Duration Force
	Enduring Understandings ✕	Essential Questions ✕	Standards ✕	Knowledge & Skills ✕	Academic Language ✕

October	<p>Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕</p>				
November	<p>Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕</p>				
December	<p>Strategies</p> <p>Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕</p>				
	<p>Enduring Understandings</p> <p>Students will understand:</p> <ol style="list-style-type: none"> in many life and sport situations, there are many methods to achieving a goal. having a plan or strategy helps to clarify the desired outcome cooperation from a team/group when forming a strategy creates ownership and a more focused outcome 	<p>Essential Questions</p> <ol style="list-style-type: none"> What does having a strategy for a specific issue, do to help with the situation? How do strategies incorporate a team mentality? 	<p>Standards</p> <p>19B.StageH.1 - Identify mechanically correct form (moving into position, establishing a balanced base, preparatory phase, movement phase, follow through, and return to base) in a variety of locomotor, non-locomotor, and manipulative skills.</p> <p>19C.StageF.5 - Apply offensive, defensive, and cooperative strategies in selected activities, games, or sports.</p>	<p>Knowledge & Skills</p> <p>The Students will be able to:</p> <ul style="list-style-type: none"> - demonstrate basic offensive and defensive principles, in various activities, for strategic purpose. - discuss strategy options given, to determine the most appropriate option for the situation. -cooperatively adjust strategies in games to align skill sets with specific needs. 	<p>Academic Language</p> <ol style="list-style-type: none"> Analyze Predict Compare/Contrast Combinations Manipulate
January	<p>Fitness</p> <p>Enduring Understandings ✕ Essential Questions ✕ Standards ✕ Knowledge & Skills ✕ Academic Language ✕</p>				
	<p>Enduring Understandings</p> <ol style="list-style-type: none"> Multiple complex skills are used to perform a tactical movement. By using tactics you can increase your problem solving ability. Goals are a work in progress. Health and fitness plans and their outcomes differ from person to person. Positive attitudes promote enjoyment. Physical activity is a way to express myself. 	<p>Essential Questions</p> <ol style="list-style-type: none"> What should my body position be for offensive and defense play? How does body position (offense, defense, individual sport) affect the tactics of the game or activity? How do the basic principles of conditioning affect fitness? How do you move during the day to achieve 60 minutes of activity? What physical activity opportunities exist in our school and community? 	<p>Standards</p> <p>20.A.3b - Identify and participate in activities associated with the components of health- related and skill- related fitness.</p> <p>20.B.3a - Monitor intensity of exercise through a variety of methods (e.g., perceived exertion, pulse, heart rate monitors), with and without the use of technology.</p> <p>20.C.3c - Apply the principles of training to the health-related fitness goals.</p>	<p>Knowledge & Skills</p> <p>Perform basic skills as well as applies those skills tactically in complex environment. Refine principles of practice, critical elements of skills, and error correction. Selects, participates and modifies an individual physical activity plan. Explain how components of fitness impact overall fitness Demonstrates safe practices, follows rules, etiquette, cooperation and</p>	<p>Academic Language</p> <p>Tier 2 Vocabulary: heart-rate, cardiovascular, muscular strength, muscular endurance, flexibility, endurance, power</p> <p>Tier 3 Vocabulary: rest heart rate, target heart rate zone, recovery heart rate, agility, aerobic, BMI Body Mass Index, weight training, circuit training</p>

		<p>How do you know if you need to modify my activity plan? What components are needed to have a complete fitness plan? How do test results influence individual fitness plans? What are the mental health benefits of physical activity? How does physical activity improve my selfconfidence and self-esteem?</p>			<p>teamwork, ethical behavior, and positive social interaction. Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.</p>	
February	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
March	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
April	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
May	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
June	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕
July	Enduring Understandings ✕	Essential Questions ✕	Standards	✕	Knowledge & Skills ✕	Academic Language ✕