

## Wilson Area School District Planned Course Guide

**Title of planned course:** Physical Wellness

**Subject Area:** Health and Physical Education

**Grade Level:** 7

**Course Description:** Physical Wellness will focus on teaching and describing fitness concepts through movement and activities. It will create challenges and provoke curiosity in a fun and enjoyable setting.

**Time/Credit for this Course:** One time per week, 40 minutes per class

**Curriculum Writing Committee:** Mike Falcone, Nancy Thomas, Brandon Tigar

## Curriculum Map

**August:** Personal Fitness Goals

**September:** Personal Fitness Goals

**October:** Personal Fitness Goals

**November:** Effects of Activities on Health

**December:** Factors Affecting the Response of Body Systems During Physical Activities

**January:** Skill Related Fitness

**February:** Principles of Training

**March:** Principles of Training

**April:** Cooperative Activities

**May:** Cooperative Activities

**June:** Cooperative Activities

## Wilson Area School District Planned Course Materials

**Course Title:** Physical Wellness

**Teacher Resources:**

- PA State Standards
- Pocono Mountain School District Curriculum
- Pleasant Valley School District Curriculum
- [www.mrgym.com](http://www.mrgym.com)
- [www.pecentral.org](http://www.pecentral.org)
- [www.peuniverse.com](http://www.peuniverse.com)
- <https://physedgames.com/>
- *“Adventure Curriculum for Physical Education”*
- *“Follow Me”*
- *“Outdoor Action Games”*
- *“Physical Best Activity Guide”*
- *“Physical Education for Lifelong Fitness”*
- *“Ready to Use Secondary P.E. Activities Program”*
- *“Success Oriented P.E. Programs”*
- *“Teaching Children Physical Education”*
- *“Teaching Sport Concepts and Skills”*
- *“Training for Speed, Agility, and Quickness”*

## Curriculum Scope & Sequence

**Planned Course:** Physical Wellness

**Unit:** Personal Fitness Goals

**Time frame:** 10 classes

**State Standards** 10.4.9.A

**Essential content/objectives:** At end of the unit, students will be able to:

- Identify and apply practice strategies for skill improvement
- Describe physical activities that are developmentally and individually appropriate
- Engage in physical activities that are developmentally and individually appropriate
- Describe physical activities that support the achievement of personal fitness goals
- Engage in physical activities that support the achievement of personal fitness goals
- Describe factors that impact physical activity preferences of adolescents (skill competence, social benefits, previous experience, activity confidence)
- Describe factors that impact the relationship between regular physical activity and motor skill improvement (personal choice, developmental difference, amount of physical activity, authentic practice)

**Core Activities:** Students will complete/participate in the following:

- Fit 5
- Fitness Room activities
- Fitness Challenges that target various parts of overall health (cardio, strength, endurance, flexibility)
- Tag/Chase/Flee activities
- General and Specific Goal setting for personal health

**Extensions:**

- Assist their peers
- Poster creation
- Extracurricular personal goal creation
- Further research on personal fitness activities

**Remediation:**

- Assistance from peers/aides
- Modifications to physical or cognitive assessments

**Instructional Methods:**

- Lecture
- Demonstration
- Participation

**Materials & Resources:**

- Fitness room
- Various P.E. equipment
- Mats
- Pacer test CD
- Journals/logs

**Assessments:**

- Observation
- Q & A
- Worksheets
- Self-assessments/reflections

## Curriculum Scope & Sequence

**Planned Course:** Physical Wellness

**Unit:** Effects of Activities on Health

**Time frame:** 4 classes

**State Standards** 10.4.9.B

**Essential content/objectives:** At end of the unit, students will be able to:

- Describe the effects of moderate to vigorous physical activities on stress management
- Describe the effects of moderate to vigorous physical activities on disease prevention
- Describe the effects of moderate to vigorous physical activities on weight management

**Core Activities:** Students will complete/participate in the following:

- Learning about stress management
- Disease prevention
- Weight management concepts
- Various cardio and physical activities (tag/chase/flee, cooperative games, walking/running/pacing, Fitness Room activities, Jump Ropes, Fit 5's)

**Extensions:**

- Assist their peers
- Poster creation
- Extracurricular personal goal setting
- Further research on the effects of physical activity on stress management, disease prevention, and weight management

**Remediation:**

- Assistance from peers/aides
- Modifications to physical or cognitive assessments

**Instructional Methods:**

- Lecture
- Demonstration
- Participation

**Materials & Resources:**

- Fitness room
- Various P.E. equipment
- Stress/Disease/Weight information

**Assessments:**

- Observation
- Q & A
- Worksheets
- Self-assessments/reflections

## Curriculum Scope & Sequence

**Planned Course:** Physical Wellness

**Unit:** Factors affecting the response of body systems during physical activities

**Time frame:** 4 classes

**State Standards** 10.4.9.C Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.

**Essential content/objectives:** At end of the unit, students will be able to:

- Describe factors affecting the response of body systems during physical activity:
  - Exercise (climate, altitude, location, temperature)
  - Healthy fitness zone
  - Individual fitness status (cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)
  - Drug/substance use/abuse
- Describe factors that affect the body systems during exercise
- Describe fitness status and its affect on exercise
- Describe how substance use and abuse impacts exercise

**Core Activities:** Students will complete/participate in the following:

- Various invasion, net/wall, diamond, dodging/fleeing and fitness inspired games.

**Extensions:**

- Assist their peers
- Poster creation
- Extracurricular personal goal setting
- Further research on the factors affecting the response of body systems during physical activities

**Remediation:**

- Assistance from peers/aides
- Modifications to physical or cognitive assessments

**Instructional Methods:**

- Lecture
- Demonstration
- Participation

**Materials & Resources:**

- Fitness room
- Various P.E. equipment
- Information on exercise, healthy fitness zone, individual fitness status, drug/substance use/abuse

**Assessments:**

- Observation
- Q & A, worksheets
- Self-assessments/reflections

## Curriculum Scope & Sequence

**Planned Course:** Physical Wellness

**Unit:** Skill Related Fitness

**Time frame:** 6 classes

**State Standards** 10.5.9.A

**Essential content/objectives:** At end of the unit, students will be able to:

- Describe and demonstrate skill related components of fitness:
  - Agility
  - Balance
  - Coordination
  - Power
  - Reaction time
  - Speed
- Identify the components of skill related fitness.
- Describe the components of skill related fitness.

**Core Activities:** Students will complete/participate in the following:

- Various invasion, net/wall, diamond, dodging/fleeing activities and fitness inspired games

**Extensions:**

- Assist their peers
- Poster creation
- Extracurricular personal goal setting
- Further research on the effects of physical activity on stress management, disease prevention, and weight management

**Remediation:**

- Assistance from peers/aides
- Modifications to physical or cognitive assessments

**Instructional Methods:**

- Lecture
- Demonstration
- Participation

**Materials & Resources:**

- Fitness room
- Various P.E. equipment
- Information on agility balance, coordination, power, reaction time, speed

**Assessments:**

- Observation
- Q & A
- Worksheets
- Self-assessments/reflections



## Curriculum Scope & Sequence

**Planned Course:** Physical Wellness

**Unit:** Principles of Training

**Time frame:** 6 Classes

**State Standards** 10.5.9.D

**Essential content/objectives:** At end of the unit, students will be able to:

- Identify the principles of training from the 10.5.9.D standard using proper vocab
- Describe the principles of training from the 10.5.9.D standard using proper vocab

**Core Activities:** Students will complete/participate in the following:

- Fit 5
- Fitness Room activities
- Fitness Challenges that target various principles of training (ie. repetitions/ sets)
- Tag/Chase/Flee activities
- General and Specific Goal setting as it applies to principles of training

**Extensions:**

- Assist their peers
- Poster creation
- Extracurricular personal goal creation
- Further research on personal fitness activities

**Remediation:**

- Assistance from peers/aides
- Modifications to physical or cognitive assessments

**Instructional Methods:**

- Lecture
- Demonstration
- Participation
- Cooperative Learning

**Materials & Resources:**

- Fitness room
- Various P.E. equipment
- Mats
- Pacer test CD
- Journals/logs

**Assessments:**

- Observation
- Q & A
- Worksheets
- Self-assessments/reflections

## Curriculum Scope & Sequence

**Planned Course:** Physical Wellness

**Unit:** Cooperative Activities

**Time frame:** 6 Classes

**State Standards:** 10.4.9.F, 10.5.9.B, 10.5.9.F

**Essential content/objectives:** At end of the unit, students will be able to:

- Describe the effects of positive interactions of adolescent group members in physical activities
- Describe the effects of negative interactions of adolescent group members in physical activities
- Describe how response selection affects the quality of complex movements
- Describe appropriate response selection to complex movements
- Describe offensive strategies in physical activities and complex games
- Describe defensive strategies in physical activities and complex games

**Core Activities:** Students will complete/participate in the following:

- Fit 5's
- 007
- Touchdown
- Kinball
- Alaskan/German Baseball and Kickball
- British Warm Up
- Neutral Zone
- RPS activities
- Toxic River
- Maze
- Cooperative Tag Activities
- Partner Challenges
- Various other PE activities/challenges

**Extensions:**

- Assist their peers
- Poster creation
- Extra-curricular group activity research

**Remediation:**

- Assistance from peers/aides
- Modifications to physical or cognitive assessments

**Instructional Methods:**

- Lecture
- Demonstration
- Participation

**Materials & Resources:**

- Fitness room
- Various P.E. equipment
- Journals/logs

**Assessments:**

- Observation
- Q & A, worksheets
- Self-assessments/reflections