

SWALLOW SCHOOL DISTRICT CURRICULUM GUIDE

Curriculum Area: Physical Education

Course Length: Full Year

Grade: 6th-8th

Date Last Approved: March 15, 2017; **Reviewed** Spring 2021

Stage 1: Desired Results

Course Description and Purpose:

Students in sixth grade participate in a variety of physical activities and sports through which they will develop positive attitudes toward group interaction, sportsmanship, the joy of effort, fair play, cooperation, initiative, and an appreciation for the abilities and limitations of self and others. Activities emphasized include: organized exercises, lead-up games, traditional team sports, dual sports, individual sports, rhythmic activities, and self-testing activities. The program is designed to continue the development of physical fitness, motor, perception, rhythm, and movement skills.

The physical education program in the seventh grade concentrates on physical fitness and the development of mature sports skills. Specific skills are developed through team, individual, and dual sports as well as rhythmic activities. Emphasis is placed on the introduction of basic fundamentals of sports; developing the knowledge of rules, building personal responsibility, good sportsmanship, and leadership.

The eighth grade physical education program emphasizes refinement of skills learned in previous grades. A greater understanding of game strategies is developed. Continued emphasis is placed on good sportsmanship, personal responsibility, and attaining a higher level of personal fitness.

Students in grades 6-8 will also complete statutorily required training in CPR, shaken baby syndrome, and suicide prevention.

Enduring Understanding(s):

1. To be successful in game-like situations one must have mature motor skills specific to the sport and a knowledge of basic game strategies
2. Rules define the boundaries of the selected game or activity and contribute to the safety and enjoyment of the game.
3. It is necessary to be physically fit in all four components of fitness and their importance in living a healthy productive life.
4. Fair play deters conflict and enhances enjoyment and safety of the selected game or activity
5. Physical activities promote emotional, social, and physical well-being.
6. Improving health-related fitness will improve one's performance in a game or activity
7. Individuals are responsible for active participation with their team or group.

Essential Question(s):

1. Why is it necessary to develop specific sport skills to be successful in a game?
2. What basic strategies do I need to use in order to be successful in a game?
3. What does it mean to be physically fit?
4. How does sportsmanship and teamwork carry over into everyday life?
5. How will positive choices pertaining to physical activities affect one later in life?
6. Why is giving and showing respect for others important in physical education?
7. How hard should one exercise?
8. How does individual participation affect team or group success?

Learning Targets:

1. Develops, refines and applies fundamental motor patterns. (skill)
2. Demonstrates a cognitive understanding of a skill so as to improve performance. (skill)
3. Engages in many types of physical activities. (skill)
4. Develops knowledge, skills, and attitudes toward achieving physical fitness. (skill)
5. Applies safe practices, adherence to rules and procedures, etiquette, cooperation and teamwork, ethical behavior, and positive social interaction. (skill)
6. Participates in new movements and skills for enjoyment. (skill)

Stage 2: Learning Plan**I. Fitness Testing**

- A. Cardiovascular Endurance
 - a. Pacer Test
- B. Muscular Strength and Endurance
 - a. Pull ups/flexed arm hang
 - b. Push ups
 - c. Curl ups
- C. Flexibility
 - a. Trunk Lift
 - b. Sit and Reach
- D. Definitions
- E. Develop a Fitness Plan

Standards: Wisconsin Standards for Physical Education #3, #4, #6**Learning Targets Addressed:**

Target 2

Target 4

Key Resources: FitnessGram and Presidential Fitness and Teacher Created Resources**Assessment Map:**

Type	Level	Assessment Detail
Practice	Knowledge	*Reinforce Area of Fitness
Formative	Skill	*Perform Fitness Tests and Record Scores
Summative	Knowledge, Product	*Review scores, create a personal fitness plan.

II. Invasion Games

- A. Sport specific Skills
- B. Offensive Strategies
- C. Defensive Strategies
- D. Rules of Game Play
- E. Game Play Etiquette

Standards: Wisconsin Standards for Physical Education #1, #2, #5, #6**Learning Targets Addressed:**

Target 1 Target 2

Target 3 Target 4

Target 5 Target 6

Key Resources: Phy Ed Games Youtube Channel, OPEN PE--Online Physical Education Network, The PE Specialist, Teacher Created Resources**Assessment Map:**

Type	Level	Assessment Detail
Practice	Knowledge Skill	*Journal Entries
Formative	Skill Knowledge	*Model Rules and Etiquette
Summative	Product	*Select and use a tool to demonstrate

	Knowledge Reasoning	offensive and defensive strategies
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III. Net Games

- A. Sport Specific Skills
- B. Offensive Strategies
- C. Defensive Strategies
- D. Rules of the game
- E. Game Play Etiquette

Standards: Wisconsin Standards for Physical Education #1, #2, #5, #6

Learning Targets Addressed:
 Target 1 Target 2
 Target 3 Target 4
 Target 5 Target 6

Key Resources: Phy Ed Games Youtube Channel, OPEN PE--Online Physical Education Network, The PE Specialist, Teacher Created Resources

Assessment Map:

Type	Level	Assessment Detail
Practice	Knowledge Skill	*Daily practice
Formative	Skill Knowledge	*Model rules and etiquette
Summative	Skill Knowledge Reasoning	*Sport Skill Testing *Select and use a tool to demonstrate offensive and defensive strategies

IV. Target Games

- A. Sport Specific Skill
- B. Etiquette
- C. Strategies

Standards: Wisconsin Standards for Physical Education #1, #2, #5, #6

Learning Targets Addressed:
 Target 1 Target 2
 Target 3 Target 4
 Target 5 Target 6

Key Resources: Phy Ed Games Youtube Channel, OPEN PE--Online Physical Education Network, The PE Specialist, Teacher Created Resources

Assessment Map:

Type	Level	Assessment Detail
Practice	Skill Knowledge	*Daily practice
Formative	Skill Knowledge	*Partner Skill Check *Journal Entries
Summative	Product	*Video Skill Critique

		Knowledge Skill	
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- V. Fitness Principles**
- A. Heart Rate Understanding
 - B. Fitness Exercises
 - a. Proper Form
 - b. Sets and Reps
 - c. Training Principles
 - C. Nutrition
 - D. Definitions
 - E. Personal Fitness Plan

Standards:Wisconsin Standards for Physical Education #1, #2, #3, #4, #5, #6

Learning Targets Addressed:
 Target 1 Target 2
 Target 3 Target 4
 Target 5 Target 6

Key Resources: Phy Ed Games Youtube Channel, OPEN PE--Online Physical Education Network, The PE Specialist, Teacher Created Resources

Assessment Map:

Type	Level	Assessment Detail
Practice	Knowledge Skill	*Introduce Terminology and Concepts
Formative	Product Knowledge	*Journal Entries *Daily Workouts
Summative	Product Knowledge	*Create a personal Fitness Plan