

WGSD Curriculum

Physical Education

Course: Physical Education

Grade Level: Sixth

LG 1 Teamwork

HIGH PRIORITY STANDARDS

NASPE 3: Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

NASPE 4: Exhibits responsible personal and social behavior that respects self and others.

LEARNING GOAL

Students will be able to work with others on a common goal.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Cooperating with a group of classmates in activities such as games, team sports, or team-building.
- Demonstrating good sportsmanship.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: cooperation, respect, common goal, sportsmanship.
- Performing processes such as:
 - Identifying character traits needed for successful team play and competition.

Level 1: Student demonstrates a limited understanding or skill with the learning goal by:

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LEARNING TARGETS

Students know how to:

- Participate in various games and activities demonstrating good sportsmanship.
- Follow teacher directions to ensure the safety of all students.
- Participate in a variety of game situations and activities applying cooperative skills.
- Students will demonstrate knowledge related to health-related fitness includes muscular strength, endurance, body composition, flexibility, and cardiovascular fitness.

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Physical Education

Course: Physical Education
Grade Level: Sixth
LG 2 Fitness and Wellness

HIGH PRIORITY STANDARDS

Show-Me Standard #4: In Health & Physical Education, students in Missouri Public Schools will acquire a solid foundation which includes knowledge of principle of movement and physical fitness

LEARNING GOAL

Students will understand the principles of fitness that are part of achieving and maintaining a healthy life.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying knowledge of fitness principles such as balance, movement, and endurance, to sports and games.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: goals, cardiorespiratory fitness, strength, balance, endurance, movement, flexibility.
- Performing processes such as:
 - Identifying the benefits of personal fitness and exercise.

Level 1: Student demonstrates a limited understanding or skill with the learning goal by:

LEARNING TARGETS

Students know how to:

- Demonstrate knowledge related to health-related fitness includes muscular strength, endurance, body composition, flexibility, and cardiovascular fitness.

**WGSD Curriculum
Physical Education**

Course: Physical Education

Grade Level: Sixth

LG 3 Sports Skills

HIGH PRIORITY STANDARDS

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

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

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

Show-Me Standard #4 – In Health/Physical Education, students in Missouri Public School will acquire a solid foundation which includes knowledge principles of movement and physical fitness

LEARNING GOAL

Students will understand the techniques, strategies, and rules of a variety of team, dual, and individual sports.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying elements of movement and performance to various activities.
- Using the correct rules and strategies for the sport being played.
- Applying safety principles and skill development in activities such as team, dual and individual sports.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: mechanics, focus, coordination, strategies.
- Performing processes such as:
 - Demonstrating movements that require focus, attention and good mechanics.
 - Identifying rules and scoring for various games and sports.

Level 1: Student demonstrates a limited understanding or skill with the learning goal by:

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LEARNING TARGETS

Students know how to:

- Utilize throwing, catching and ball skills in a variety of activities and lead-up and small-sided games, conscious of proper technique.
- Follow teacher directions to ensure the safety of all students.
- Participate in a variety of game situations and activities applying learned skills.
- Demonstrate appropriate sportsmanship.

WGSD Curriculum

Physical Education

Course: Physical Education

Grade Level: Seventh - Eighth

LG 1 Responsibility

HIGH PRIORITY STANDARDS

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

NASPE 4: Exhibits responsible personal and social behavior that respects self and others.

Show-Me Standard #2 - In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge of principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)

LEARNING GOAL

Students will be able to communicate effectively with others to promote respect and conflict resolution.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Providing support or positive suggestions to facilitate group progress or success.
- Contributing to the success of the team.
- Resolving conflict with sensitivity to the rights and feelings of others.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as:
- Performing processes such as:
 - Identifying ways the group can progress or achieve success.
 - Recognizing opportunities to show respect for individual similarities and differences.
 - Demonstrating good sportsmanship

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

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LEARNING TARGETS

Students know how to:

- Exhibit appropriate verbal and physical expressions during participation in learning activities and performances, sportsmanship, enthusiasm, satisfaction of performances, and appropriate conflict resolution.
- Participate in a group setting with students of similar and different skill level, knowledge base, gender, and ethnicity
- Recognize causes and demonstrates possible solutions to issues related to a physical activity setting.

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Course: Physical Education
Grade Level: Seventh - Eighth
LG 2 Prevention and Safety

HIGH PRIORITY STANDARDS

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

Show- Me Standard #4 - In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge of principles of movement and physical fitness

LEARNING GOAL	PROFICIENCY SCALE
<p style="text-align: center;">Students will be able to safely play and enjoy sports activities.</p>	<p>Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.</p> <p>Level 3: Student demonstrates mastery with the learning goal as evidenced by:</p> <ul style="list-style-type: none"> ● Applying safety guidelines and techniques while engaging in sports activities. ● Participating in the necessary warm-up, stretching, and cool-down procedures for the sport being played. ● Explaining the various safety concerns presented by different physical settings, such as the track, gym, or ball fields. <p>Level 2: Student demonstrates he/she is nearing proficiency by:</p> <ul style="list-style-type: none"> ● Recognizing and recalling specific vocabulary, such as: warm-up, cool-down, stretch, gear, equipment ● Performing processes such as: <ul style="list-style-type: none"> ○ Identifying reasons for warm-up, cool-down, and stretching procedures. ○ Wearing correct attire for the sport being played. <p>Level 1: Student demonstrates a limited understanding or skill with the learning goal.</p>

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LEARNING TARGETS

Students know how to:

- Recognize causes and demonstrate possible solutions to issues related to safe practices within the physical activity setting.
- Discuss and recognize that different physical settings (gym, track, outdoor fields) each have unique safety concerns and be able identify safe practices that apply to those settings.
- Appropriate participation in activities that prepare the student for physical activity (warm-ups, stretching, and cool-downs).
- Wearing appropriate attire for physical activity is necessary for safety, movement efficiency purposes, and hygiene.

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Physical Education

Course: Physical Education

Grade Level: Seventh-Eighth

LG 3 Sports Skills

HIGH PRIORITY STANDARDS

NASPE #2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

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

Show-Me Standard #4 - In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge principle of movement and physical fitness.

LEARNING GOAL

Students will be able to participate in a variety of team, individual, and dual sports.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Explaining the history, rules, and principles of a variety of sports such as softball, volleyball, gymnastics, or tennis.
- Analyzing the play of an opponent and applying defensive and offensive techniques and strategies.
- Applying terminology, scoring, etiquette and game rules for specific sports.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: etiquette, player position, technique, strategies, tactics, cooperation, competition, rules specific to the sport.
- Performing processes such as:
 - Demonstrating increasing levels of competence in a game.
 - Identifying offensive and defensive strategies in a game setting.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

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LEARNING TARGETS

Students know how to:

- Demonstrate application of terminology, scoring, rules of play, skill-techniques, etiquette, safety principles and basic intermediate strategies for the sport units covered in the instructional program.
- Analyze and use basic to intermediate offensive and defensive strategies in games and modified versions of sports.
- Discover the history and role of games and sports.

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Course: Physical Education
Grade Level: Seventh-Eighth
LG 4 Fundamental Movement

HIGH PRIORITY STANDARDS

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

Show-Me Standard #4 - In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge principle of movement and physical fitness.

LEARNING GOAL	PROFICIENCY SCALE
<p>Students will be able to apply critical elements of movement to various activities</p>	<p>Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.</p> <p>Level 3: Student demonstrates mastery with the learning goal as evidenced by:</p> <ul style="list-style-type: none"> ● Combining complex movement patterns into rhythmic sequence individually and with others. ● Applying the ability to detect, analyze, and correct errors in personal movement patterns. ● Creating and performing rhythmic and movement activities. <p>Level 2: Student demonstrates he/she is nearing proficiency by:</p> <ul style="list-style-type: none"> ● Recognizing and recalling specific vocabulary, such as: traveling, rolling, balance, weight transfer, sequence, locomotor, non-locomotor, tempo, beat of the music and/or rhythm pattern. ● Performing processes such as: <ul style="list-style-type: none"> ○ Recognizing rhythmic sequences. ○ Applying basic movement skills to activities. <p>Level 1: Student demonstrates a limited understanding or skill with the learning goal.</p>

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LEARNING TARGETS

Students know how to:

- Demonstrate skills that combine complex movement patterns (e.g., traveling, rolling, balance, weight transfer) into a smooth, flowing sequence individually and with a partner or group.
- Demonstrate the critical elements of specialized locomotor and non-locomotor skills in a variety of physical activities (e.g., fitness skills, track and field, dance).

WGSD Curriculum Physical Education

Course: Physical Education

Grade Level: Seventh-Eighth

LG 5 Fitness and Wellness

HIGH PRIORITY STANDARDS

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

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

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

Show-Me Standard #2: In Health/Physical Education, students in Missouri public schools will acquire a solid foundation which includes knowledge of principles and practices of physical and mental health (such as personal health habits, nutrition, stress management)

Show-Me Standard #4: In Health & Physical Education, students in Missouri Public Schools will acquire a solid foundation which includes knowledge of principle of movement and physical fitness

LEARNING GOAL

Students will understand the principles of fitness that are part of achieving and maintaining a healthy life.

PROFICIENCY SCALE

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Performing activities that illustrate fitness principles such as agility, speed, and endurance.
- Self-monitoring levels of physical activity using information from different sources.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: body composition, reaction time, pedometer, heart rate.
- Performing processes such as:
 - Identifying ways to monitor personal fitness.

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	o Performing physical fitness skills to improve personal health. Level 1: Student demonstrates a limited understanding or skill with the learning goal.
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LEARNING TARGETS

Students know how to:

- Perform fitness related activities that include coordination, agility, balance, power, speed and reaction time.
- Demonstrate knowledge related to health-related fitness includes muscular strength, endurance, body composition, flexibility, and cardiovascular fitness.
- Evaluate personal needs and set realistic goals for improving physical activity participation and achievement of goals.
- Set realistic goals utilizing assessment tools. (standardized testing, pedometers and heart rate monitors).