

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

The Grade 7/8 Physical Education curriculum is a two-year curriculum with an A and B format to cycle each year for students in 7th grade physical education and 8th grade traditional physical education. The purpose of this is to allow students to interact across grade levels during Physical Education class.

Units identified as A/B will be taught every year. **Units identified as A** will be taught only when the school year ends in an odd number. **Units identified as B** will be taught only when the school year ends in an even number.

PERSONAL FITNESS UNIT - A/B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
- Comprehend concepts related to health promotion and disease prevention to enhance health. - Demonstrate the ability to access valid information and products and services to enhance health. - Demonstrate the ability to use goal-setting skills to enhance health. - Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. - Demonstrate the ability to advocate for personal, family, and community health.	10.4.9. A 10.4.9. B 10.4.9. C 10.4.9. D 10.4.9. E 10.5.9. D 10.5.9. E	A/I	- Teacher Demonstration/ Observation - Re-introduction to Basic Weight Training Principles - Re-introduction to Five Components of Physical Fitness - Cardiovascular/Weight Training Station Workout Sessions - Student Demonstration - Fitness Log Sheet Evaluation - Fitness Assessment	- Fitness Center - Cardiovascular & Weight Training Equipment - Student Fitness Log Sheets - Online Resources - Mini Workouts - Fitness Testing - Class fitness sessions - Assessment Rubric	20 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

TEAM FITNESS UNIT - A/B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Comprehend concepts related to sportsmanship, teamwork, and fitness. • Demonstrate the ability to use goal-setting skills to enhance team play and strategy. • Demonstrate the ability to apply spatial awareness and boundaries to game play. • Demonstrate individual responsibility during group activity.	10.4.9. A 10.4.9. B 10.4.9. C 10.4.9. D 10.4.9. E 10.5.9. D 10.5.9. E	A/I	• Teacher Demonstration/ Observation • Health related components of fitness • Skill related components of fitness • Capture the Flag • Student Demonstration • Scooter Games • Flag Rugby	• Fitness Game Equipment • Class fitness session equipment • Online Resources • Mini Workouts • Google Classroom information sheets • Assessment Rubric	20 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

VOLLEYBALL UNIT - A/B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
- Identify the rules and boundaries of volleyball. - Demonstrate and explain passing and serving strategies. - Applies movement principles and skills related fitness to gameplay. - Explain and perform a volleyball pass, set, and attack. - Identify, by where an opponent is positioned, which type of volley is most appropriate during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	- Teacher Demonstration/ Observation - Peer Evaluation/Reciprocal feedback - Volleyball drills - Volleyball lead-up games - Volleyball Serve skills assessment - Volleyball quiz	- Volleyball equipment - Online Resources - Google Classroom Handouts - Assessment Rubric	10 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

BASKETBALL UNIT - A/B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper dribbling, passing, and shooting technique. • Demonstrate competency in a variety of motor skills and movement patterns. • Identify offensive and defensive strategies. • Explain and demonstrate the strategies between man-to-man and zone defenses.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Basketball Skill Development Drills • Basketball Lead-up Games • Half-Court Basketball Tournament Play • Full-Court Basketball Play • Assessment Rubric	• Basketball Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	10 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

HOCKEY UNIT - A/B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper dribbling, passing, and shooting technique. • Demonstrate competency in a variety of motor skills and movement patterns. • Identify positions, offensive and defensive strategies. • Explain and demonstrate the strategies between man-to-man and zone defenses. • Identify and apply practice strategies for skill improvement.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Hockey Skill Development Drills • Hockey Lead-up Games • 4 goal Hockey • 3 ball Hockey • Assessment Rubric	• Hockey Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	10 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

FRISBEE UNIT - A/B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Apply knowledge of concepts, principles, strategies and tactics related to movement and performance. • Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. • Exhibit responsible personal and social behavior that respects self and others. • Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E	A/I	• Teacher Demonstration/ Observation • Peer Evaluation/Reciprocal feedback • Frisbee throwing mechanics • Student Demonstration skills • Ultimate Frisbee • Disc Golf • Kan Jam	• Frisbee Equipment • Online Resources • Google Classroom Handouts • Assessment Rubric	10 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

SOCCER UNIT - A					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper dribbling, passing, and shooting. • Demonstrate competency in a variety of motor skills and movement patterns. • Identify offensive, defensive strategies, and positions. • Explain and demonstrate the application of rules during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Soccer Skill Development Drills • Soccer Lead-up Games • 4-goal Soccer • Indoor Soccer • Outdoor Soccer • Assessment Rubric	• Soccer Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

TEAM HANDBALL - A					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper throwing, catching, and dribbling technique. • Demonstrate competency in a variety of motor skills and movement patterns including route running. • Identify offensive and defensive strategies. • Explain and demonstrate the application of rules during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Handball Skill Development Drills • Handball Lead-up Games • Ultimate Handball • Keep Away • 3 on 1 with Goalies • No Goalie Handball • Full Court/Field Handball • Assessment Rubric	• Handball Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

WIFFLE BALL UNIT- A					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper throwing, catching, and hitting technique. • Demonstrate competency in a variety of motor skills and movement patterns including baseball running. • Apply decision making skills regarding offensive and defensive tactics. • Explain and demonstrate the application of rules during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Wiffle Ball Skill Development Drills • Wiffle Ball Lead-up Games • Paddleball • No Strike-Out Wiffle Ball • Full Court/Field Wiffle Ball • Assessment Rubric	• Wiffle Ball Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

KICKBALL UNIT- A					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper throwing, catching, and hitting technique. • Demonstrate competency in a variety of motor skills and movement patterns including baseball running. • Apply decision making skills regarding offensive and defensive tactics. • Explain and demonstrate the application of rules during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Kickball Skill Development Drills • Kickball Lead-up Games • Matball • Chaos Kickball Game • Full Field/Court Kickball • Assessment Rubric	• Kickball Ball Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

TCHOUKBALL UNIT - A					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
- Identify the rules and court boundaries of tchoukball. - Identify the difference between contact and non-contact activities. - Demonstrate skills to engage in lead up games of tchoukball. - Apply physical and cognitive strategies to large scale games of tchoukball.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 A 10.5.9 C 10.5.9 F	A/I	- Teacher Demonstration/ Observation - Throwing/catching mechanics session - Accuracy/power application session - Tchouk Tag - Mini tchoukball 2 on 2 tchoukball - Touch all tchoukball - Full court tchoukball	- Tchoukballs - Rebounding frames - Court markings - Tchoukball history document - Tchoukball quiz - Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

FOOTBALL UNIT - B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate proper throwing and catching technique. • Demonstrate competency in a variety of motor skills and movement patterns including route running. • Identify offensive and defensive strategies. • Explain and demonstrate the strategies on play selection during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Football Skill Development Drills • Football Lead-up Games • Ultimate Football • Tag Football • Flag Football • Assessment Rubric	• Football Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

SPEEDBALL UNIT - B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Application of team possession tactics, attacking a goal, and creating space. • Demonstrate competency in a variety of motor skills and movement patterns including route running. • Employ strategies to change game concepts. • Explain and demonstrate the application of rules during game play.	10.4.9 A 10.4.9 D 10.4.9 E 10.5.9 B 10.5.9 C 10.5.9 E 10.5.9 F	A/I	• Teacher Demonstration/ Observation • Speedball Skill Development Drills • Speedball Lead-up Games • Keep Away • Small Sided Speedball • Full Court/Field Speedball • Assessment Rubric	• Speedball Equipment • Peer Evaluation Worksheet • Google Classroom Handouts • Online Resources • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022

RECREATIONAL GAMES - B					
Objective	Standard Alignment &/or Anchor	Level of Mastery	Suggested Activity and Assessment	Materials	Time Frame
• Demonstrate knowledge of rules and fair play through various activities. • Apply game strategies and cognitive concepts through various activities. • Display sportsmanship through various recreational games. • Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. • Demonstrate application of all domains of physical education through game play.	10.4.9. A 10.4.9. B 10.4.9. C 10.4.9. D 10.4.9. E 10.5.9. D 10.5.9. E	A/I	• Teacher Demonstration/ Observation • Skill related components of fitness • Bocce • Ping Pong • Spikeball • Horseshoes • Ladderball • Student Demonstration	• Recreational Games Equipment • Online Resources • Google Classroom Handouts • Mini Workouts • Assessment Rubric	5 days

Please note: The activities, assessments, materials and time frame are meant to be used as a guide for educators, and are not meant to be all-inclusive

**Northwestern Lehigh School District
GRADE 7/8 - PHYSICAL EDUCATION
School Board Approval Date: April 20, 2022**

Levels of Mastery Descriptions

Recognition (Awareness/Knowledge):

Students become conscious of concepts by exposure and having attention drawn to them. Students will be able to recall/define/identify concepts after direct teaching and learning experiences.

Application

Students will be able to apply ideas/skills to a curricular concept. Students will be able to use concepts to accomplish tasks appropriate to functional levels.

Inference (Mastery/Reinforcement)

Students will be able to evaluate and synthesize materials or concepts. Students will be able to independently use and apply concepts to accomplish complex tasks with increasing efficiency.