



Physical Education - Grade 7 Unit 4 - Track and Field

Unit Focus

In this unit students will use skills associated with track and field, such as running, jumping, and throwing. Students will explore the techniques for each activity and be allowed to practice and refine these skills. Students will be able to compare scores in their three favorite events to the current Daniel Hand records in the corresponding event. Students will then design and analyze a plan that would allow them to improve their personal best.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education 6-8 • Demonstrates the ability to throw with a mature pattern for distance or power appropriate to the activity during modified game play. (S1.M2.7) • Demonstrates correct technique for a variety of skills in one selected outdoor activity (S1.M18.7) • Demonstrates correct technique for a variety of skills in one selected individual-performance activity. (S1.M19.7) • Analyzes the situation and makes appropriate adjustment to ensure the safety of self and others. (S2.M9.7) • Describes and applies mechanical advantage(s) for a variety of movement patterns. (S2.M10.8) • Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers. (S3.M1.7) • Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. (S3.M3.7b) • Designs and implements a program of remediation for two areas of weakness based on the results of health-related fitness assessment. (S3.M4.7a) • Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class (S4.M1.7b) • Demonstrates the ability to provide corrective feedback to a peer, using teacher-generated guidelines, and incorporating appropriate tone and other communication skills. (S4.M2.7) • Demonstrates the ability to independently uses equipment appropriately and safely (S4.M5.7)	<i>Students will be able to independently use their learning to...</i> T1 Develop skills, knowledge, and concepts through practice and analysis of results.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 People develop self-confidence and self respect by identifying personal strengths and weaknesses and building upon them. U2 Individuals tackle obstacles by using a variety of strategies and techniques that move them forward. U3 People break apart goals and set logical steps toward attainment and identify strategies to counteract areas of weakness.	<i>Students will keep considering...</i> Q1 What are my unique strengths, weaknesses likes and dislikes? Q2 What strategies can I use to help me in this moment? Q3 How do I monitor my progress towards a goal?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 the basic fundamentals of various track and field events. K2 Proper baton exchanges, starting positions (standing/blocks) for running events	<i>Students will be skilled at...</i> S1 throwing with a mature pattern for distance or power appropriate to the activity during modified game play. S2 demonstrating correct technique for a variety of skills in group and individual activities.

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to identify different types of physical activities and describe how each exerts a positive effect on health. (S5.M1.7a)

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- Analyzing: Examining information/data/ evidence from multiple sources to identify possible underlying assumptions, patterns, and relationships in order to make inferences. (POG.1.2)

K3 Fosbury flop, approach, plant and drive leg, landing technique (feet/arms forward) for the high jump/long jump.

K4 Proper grip of each element and throwing technique for throwing events Discus/ Turbo Jav/shot put.

K5 the safety protocols for each activity.

K6 Running form is tall and balanced. Keep your elbows back and run soft and quiet on your feet.

S3 applying knowledge of concepts, principles, strategies, and tactics related to movement and performance.

S4 analyzing situations and making appropriate adjustment to ensure the safety of self and others.

S5 applying mechanical advantage(s) for a variety of movement patterns.

S6 designing a program of remediation for two areas of weakness based on personal results.

S7 demonstrating Hammer arms, high knees, starting blocks, run straight.