Physical Education - Grade 7 Unit 5 - Lifetime Pursuits

Unit Focus

In this unit students will explore a variety of popular lifetime activities. Students will begin with refining their skills in striking with long and short implements, progressing into tournament play. There will be a focus on sportsmanship, etiquette, and rule following. Students will understand that they now possess the skills and knowledge to participate in any of these activities for the remainder of their lives. Students will also explore a variety of backyard games, focusing on rules and game play. This will give students the confidence to participate in any of these games in a relaxed setting during their lives.

Stage 1: Desired Results - Key Understandings

Standard(s)

Healthy and Balanced Living Curriculum Framework
Physical Education 6-8

- Demonstrates the ability to transfer weight with correct timing using low to high striking pattern with a short-handled implement on the forehand side. (S1.M11.7)
- Demonstrates the ability to strike a stationary object with an implement, for accuracy and distance in activities such as croquet, shuffleboard, and golf. (S1.M15.7)
- Demonstrates correct technique for a variety of skills in one selected outdoor activity (S1.M18.7)
- Uses a variety of shots (e.g., line drive high arc) to hit the ball into open space (S2.M7.7)
- Analyzes the situation and makes appropriate adjustment to ensure the safety of self and others. (S2.M9.7)
- 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)
- Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or by following parameters to create or modify a dance. (S4.M4.7)
- Demonstrates the ability to identify positive mental and emotional aspects of participating in a variety of physical activities. (S5.M1.7b)
- Demonstrates the ability to identify why self-selected physical activities create enjoyment. (S5.M3.7a)

Transfer

Students will be able to independently use their learning to...
T1 Read, evaluate, and use information from various sources to deepen understanding of impact and decision-making.
T2 Respond to situational challenges and social interactions based on consideration of societal norms, safety and belief systems.

Meaning

Understanding(s)	Essential Question(s)
Students will understand that... **U1** Students identify personal likes and dislikes and allot time to pursue their interests. **U2** People develop self-confidence and self respect by identifying personal strengths and weaknesses and building upon them. **U3** Individuals engage in stress reducing activities in order to maintain a balanced lifestyle. **U4** Students demonstrate various strategies when making decisions to enhance health. **U5** People analyze all possible options and outcomes before taking action.	*Students will keep considering...* **Q1** What are my unique strengths, weaknesses likes and dislikes? **Q2** What control do I have over the path my life takes? **Q3** What strategies do I have to make health-enhancing decisions?

Acquisition of Knowledge and Skill

Knowledge	Skill(s)
Students will know... **K1** Striking activities: Pickle/star ball, golf, tennis, hockey (field/floor), and bowling Students will learn	*Students will be skilled at...* **S1** demonstrating correct rhythm and pattern for a dance form.

Stage 1: Desired Results - Key Understandings		
• Demonstrates the importance of social interaction by helping and encouraging others, using positive talk, and providing support to classmates. (S5.M4.7) **Madison Public Schools Profile of a Graduate** • Decision Making: Make responsible decisions, based on potential outcomes. (POG.4.2)	proper grip techniques, swing and shooting techniques. Game rules, scoring, and playing boundaries. Basic offensive and defensive positioning and strategies. Scoring, and safety and game etiquette. **K2** Backyard Games: Cornhole, Ladderball, Kan-Jam, Horseshoes, croquet, bocce. Students will learn the rules, scoring, etiquette, and different strategies of each game. **K3** Movement Activities: Line dancing, Yoga, and fitness center Students will learn basic two and four wall dances and count, step and touch. Basic yoga poses and names along with breathing techniques, students will learn basic fitness center exercises and the muscle groups that they work, the differences between a repetition and a set. **K4** physical activity provides many benefits for overall health. **K5** physical activity provides health and social emotional benefits as it supports the health related components of fitness, stress relief, and socialization.	**S2** transferring weight with correct timing using low to high striking pattern. **S3** striking a stationary object with an implement, for accuracy and distance. **S4** applying knowledge of concepts, principles, strategies, and tactics related to movement and performance. **S5** analyzing a situation and making appropriate adjustments to ensure the safety and enjoyment of self and others. **S6** adjusting physical activity based appropriate level of challenge for the situation and/or personal goals. **S7** demonstrating knowledge of rules and etiquette by modifying physical activities and games and following parameters to create an enjoyable experience for all. **S8** recognizing the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.