



Physical Education - Grade 7 Unit 1 - Strategies and Tactics

Unit Focus

In this unit, students will explore the strategies and tactics needed to be successful in team or individual games. Students will learn tactics such as field positioning, route running, one v. one/2 v 2 offense and defense, and spatial and body positioning. Safety considerations regarding movement performance. Working with others, role/position assignment, change of direction and speed, etc. Identifying passing and shooting lanes.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Physical Education 6-8 - Demonstrates at least one of the following designed to create open space during small-sided game play: pivots, fakes, jab steps. (S1.M5.7a) - Demonstrates the following offensive skills with defensive pressure: pivot, give and go, and fakes (S1.M5.7b) - Demonstrates the ability to slide in all directions while on defense without crossing feet. (S1.M8.7) - Reduces open space by using locomotor movements (e.g., walking, running, jumping, and landing, changing size and shape of the body) in combination with movement concepts (e.g., reducing the angle in the space, reducing distance between player and goal). (S2.M1.7a) - Executes at least two of the following offensive tactics to create open space: uses a variety of passes, pivots, and fakes; give and go. (S2.M1.7b) - Creates open space by staying spread on offense and cutting and passing quickly (S2.M1.7c) - Reduces open space on defense by staying close to the opponent as he/ she nears the goal. (S2.M2.7a) - Reduces open space by not allowing the catch (denial) or anticipating the speed of the object and person for the purpose of interception or deflection. (S2.M2.7b) - Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates. (S2.M3.7) - Selects the correct defensive play based on the situation (e.g., number of outs). (S2.M8.7)	<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 Body positioning and movement is key to being able to create and reduce space and thereby find success in a physical activity. U2 There are certain strategies to use when playing on offense in a competitive game. U3 There are defensive strategies that can be used to decrease the chances of another team scoring in a physical activity. U4 Choosing the correct strategy for a particular activity can impact the outcome.	<i>Students will keep considering...</i> Q1 What strategies can I use to help me in this moment? Q2 How does spatial awareness and movement help me succeed? Q3 What strategies, tactics and techniques can I use in this situation to find success? Q4 How can my decisions affect an outcome?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 in zone defense, a player is responsible for covering one area and any players or balls that enter that area. K2 in person to person defense, the defensive player is responsible covering one person on offense. K3 creating space in a game allows for the opportunity to progress toward the goal, receive a pass, and/or give a pass.	<i>Students will be skilled at...</i> S1 analyzing a situation and determining and applying the best strategy for success. S2 demonstrating offensive and defensive strategies. S3 understanding the principles of a game or sport to make strategic decisions about how to

Stage 1: Desired Results - Key Understandings

- Analyzes the situation and makes appropriate adjustment to ensure the safety of self and others. (S2.M9.7)
- Demonstrates the ability to independently uses equipment appropriately and safely (S4.M5.7)

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- Decision Making: Make responsible decisions, based on potential outcomes. (POG.4.2)

K4 reducing space while on defense increases the decreases the ability of the offense to move successfully toward a goal and/or pass the ball or score.

K5 denial of a pass or goal on defense can often result in a turnover.

K6 the ability to transition from offense to defense quickly will improve the chances of success for you and/or your team.

K7 safety is the most important aspect of game play.

K8 communication is important to working as a team and finding success.

K9 Vocabulary: transition, offense, defense, denial, interception, deflection, pivot, give and go, fake, jab step, cutting, recovery

move to increase the chances of successful participation in a variety of game play.

S4 communicating with teammates.

S5 engaging in game play safely and respectfully.