



Physical Education - Grade 7 Unit 3 - Responsible Personal and Social Behavior

Unit Focus

Throughout this unit, students will be engaging in a variety of games and activities that can be played indoors during the winter months when outdoor activities are limited. As such, space will often be shared between different classes and there will be a great deal of large group activities. This will require students to regularly self monitor as well as be mindful of safety concerns. At the start of the unit, all students will continue to demonstrate the personal and social expectations and build upon those interpersonal skills. They will be given choices of activities during this unit that are both skill building and team building. Students will regularly refer to the poster for Standards 4, 5 and Collective Intelligence.

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 dribble with feet with control, changing speed and direction in a variety of practice tasks (S1.M6.7a) • Demonstrates the ability to dribble with feet combined with passing in a variety of modified game play (S1.M6.7b) • Demonstrates the ability to shoot on goal with power and accuracy in small-sided game play (S1.M7.7) • Demonstrates the ability to slide in all directions while on defense without crossing feet. (S1.M8.7) • Demonstrates consistently (at least 70 percent of the time) a legal underhand serve to a predetermined target for net and wall games such as badminton, volleyball or pickleball. (S1.M9.7) • Demonstrates the ability to strike with a mature overhand pattern in a dynamic environment for net/ wall games such as volleyball, handball, badminton, or tennis. (S1.M10.7) • Demonstrates the ability to exhibit responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors, and supporting classmates. (S4.M1.7a) • Demonstrates both intrinsic and extrinsic motivation by selecting opportunities to participate in physical activity outside of class (S4.M1.7b)	<i>Students will be able to independently use their learning to...</i> T1 Develop and maintain positive relationships through team building, sportsmanship, and compassionate and candid conversations. T2 Respectfully and responsibly communicate with others from a variety of backgrounds and perspectives. T3 Demonstrate improved physical performance in skills and movement patterns.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 People who respect individual rights and roles engage in respectful exchanges that allows others to understand what is being shared. U2 Individuals can determine the degree of influence that others have on their own behaviors in order to anticipate negative or positive outcomes. U3 Humans are responsible to acknowledge and maintain the rights of all individuals and groups. U4 Individuals and groups have the responsibility to identify common rules, and ideas for change based on the greater good. U5 People choose when to demonstrate cooperation, collaboration, compromise and negotiation to build and maintain healthy relationships.	<i>Students will keep considering...</i> Q1 How can I help my group be productive? Q2 What strategies can I use to help me in this moment? Q3 How do my words impact the thoughts of others? Q4 How do we continue to work together even when we disagree? Q5 What is a responsible action?

Stage 1: Desired Results - Key Understandings

- Demonstrates the ability to problemsolve with a small group of classmates during adventure activities, small-group initiatives or game play. (S4.M3.7b)
- Demonstrates the ability to independently uses equipment appropriately and safely (S4.M5.7)
- Demonstrates the importance of social interaction by helping and encouraging others, using positive talk, and providing support to classmates. (S5.M4.7)

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- Collective Intelligence: Working respectfully and responsibly with others, exchanging and evaluating ideas to achieve a common objective. (POG.3.1)

Acquisition of Knowledge and Skill

Knowledge

Students will know...

K1 the official game play rules and etiquette for the games in this unit.

K2 there are different types of passes that can be used based on the situation or need at the time.

K3 recognizing the differences between different offense and defense strategies and how to transition.

K4 the importance of examining current performance critically to identify strategies to persist.

K5 feedback is important to help individuals and groups improve technique, ideally leading to improved performance.

K6 that working respectfully and responsibly with others is important so that everyone can find enjoyment and participate successfully in games and activities

K7 Vocabulary: pivot, give and go, fake, bump, set, Person to person, zone, press, double dribble, traveling, foul line, foul lane, three point line, baseline, serve, service line, spike, carry, rally scoring, rotation

Skill(s)

Students will be skilled at...

S1 demonstrating competency in a variety of motor skills and movement patterns such as throwing, catching, dribbling, ball controls, and shooting on goal.

S2 demonstrate proficiency in a variety of passes including bounce, chest, forehand and overhead.

S3 demonstrating the ability to exhibit personal responsibility by using appropriate etiquette, demonstrating respect for facilities, and exhibiting safe behaviors.

S4 demonstrating the ability to identify and use appropriate strategies to self reinforce positive fitness behaviors, such as positive self-talk.

S5 accepting and implementing specific corrective feedback to improve performance.

S6 respecting self and others in activities and games by following the rules, encouraging others, and playing in the spirit of the game or activity.

S7 demonstrating the ability to cooperate with others and respect differences among classmates while safely and respectfully participating in physical activities.