

MCS MYP 7th Grade Physical Education & Health Subject Group Overview

Unit Name:	Fitness/Skill Development/Health	Fitness/Skill Development/Health	Fitness/Skill Development/Health	Fitness/Skill Development/Health
Time Frame	9 Weeks	9 Weeks	9 Weeks	9 weeks
Standards	PE 7.1a-b 7.2a-c 7.3a-c 7.4a-c 7.5a-c HE 7.2	PE 7.1a-b 7.2a-c 7.3d-g 7.4a-c 7.5a-c HE ,7.3 HE 7.4	PE 7.1c-d 7.2a-c 7.3h-k 7.4a-c 7.5a-c HE 7.5 HE 7.6	PE 7.1c-d 7.2a-c 7.3l-n 7.4a-c 7.5a-c HE 7.7 HE 7.8
Approaches To Learning Instructional Strategies	<p>Social -Collaboration Skills In order for students to be effective and utilize proper technique in volleyball they will need to give and receive meaningful feedback.</p> <p>Self-Management -Reflection Skills In order for students to learn how to bump, set, and spike/hit, they will need to develop new volleyball skills being taught to them.</p>	<p>-Critical Thinking Sillas In order for students to be effective and utilize proper technique in pickleball they will need to practice observing other students carefully to recognize problems.</p> <p>Self-Management -Affective Skills In order for students to learn backhand and forehand strikes they will need to practice focus and concentration with repetition.</p>	<p>Identities and Relationships - personal, physical, mental, social and spiritual health - Physical, psychological and social development; transitions; health and well-being; lifestyle choices</p> <p>Research -Information Literacy Skills In order for students to improve their fitness levels, they will make connections between different aspects of health and describe how they affect well-being.</p>	<p>Self-Management -Organizational Skills In order for students to improve fitness levels, they will plan short and long-term goals, and make a personal fitness plan to achieve goals.</p>
Statement of Inquiry	Exercise changes how our body functions and raises awareness of choosing to maintain an active lifestyle.	Human body systems work together when exercising and can improve personal, physical, mental, social, and spiritual health.	Participants in sport can bring different perspectives to the development and application of rules.	A healthy lifestyle can be developed through movement activities in different environments.
Global Context	Identities and Relationships - personal, physical, mental, social and spiritual health - Physical, psychological and social development; transitions; health and well-being; lifestyle choices	Identities and Relationships - personal, physical, mental, social and spiritual health - Physical, psychological and social development; transitions; health and well-being; lifestyle choices	Fairness and Development - the ways in which we reflect on, extend and enjoy our creativity; our appreciation of the aesthetic - Competition and cooperation; teams, affiliation and leadership	Fairness and Development - the ways in which we reflect on, extend and enjoy our creativity; our appreciation of the aesthetic - Competition and cooperation; teams, affiliation and leadership

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Key Concepts	Development - is the act or process of growth, progress or evolution, sometimes through iterative improvements.	Relationships are connections and associations between properties, objects, people, ideas, human community and the world. Any change in relationship brings consequences, small or affecting large	Development Development is the act or process of growth, progress or evolution, sometimes through iterative improvements	Change Change is a conversion, transformation or movement from one form, state or value to another. Inquiry into the concept of change involves
Related Concepts	Energy - Energy is a fundamental entity that is transferred between parts of a system in the production of change within the system. It is the capacity for doing work and as such the amount and form of energy an individual requires is dependent on the task(s) they are completing. The restoration of an individual's energy levels is determined by a variety of factors such as rest, nutritional intake and time. Energy levels influence all aspects of human life, from our ability to think and make effective choices, to our ability to be physically active.	Balance - Balance is a state of equilibrium between contrasting, opposing, or interacting factors. Balance can occur in many forms	Systems - Effective game play relies on participants' understanding of multiple systems, including their components and interaction. Systems are often dynamic; they frequently need to be adapted to meet changing circumstances	Environment - Performers must understand environmental influences in order to be successful. An environment does not have to be physical. The digital environment, especially social media, has a significant impact on personal, mental, emotional and social health

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Design Cycle Transdisciplinary	<ul style="list-style-type: none"> ● Motor Skills ● Movement Patterns ● Rhythm Sequences ● Concepts and Principles of Movement and Performance ● Health-Enhancing Level of Physical fitness and activities ● Dynamic Stretching ● Strength and Endurance Training ● Georgia Fitness Goals ● Personal and Social Behavior in Physical Activity Settings ● Value of Physical Activity ● Health Promotion and Disease Prevention ● Health Risks associated with alcohol, tobacco, and other drugs usage (Vaping) ● Influence of family, peers, culture, media, technology and other factors on health behaviors. 	<ul style="list-style-type: none"> ● Motor Skills ● Movement Patterns ● Rhythm Sequences ● Concepts and Principles of Movement and Performance ● Health-Enhancing Level of Physical fitness and activities ● Dynamic Stretching ● Strength and Endurance Training ● Georgia Fitness Goals ● Personal and Social Behavior in Physical Activity Settings ● Value of Physical Activity ● Validity of Health Information and Promotion ● Professional Health Services and Resources ● Interpersonal Communication Skills to Enhance Health ● Avoid or Reduce Health Risks ● Conflict Management and Resolution Strategies 	<ul style="list-style-type: none"> ● Motor Skills ● Movement Patterns ● Rhythm Sequences ● Concepts and Principles of Movement and Performance ● Health-Enhancing Level of Physical fitness and activities ● Dynamic Stretching ● Strength and Endurance Training ● Georgia Fitness Goals ● Personal and Social Behavior in Physical Activity Settings ● Value of Physical Activity ● Describe where to report concerns and seek out help concerning Human Trafficking ● Enhancing Health with Decision-Making Skills ● Healthy and Unhealthy Relationships ● Personal Health Goal-Setting Skills 	<ul style="list-style-type: none"> ● Motor Skills ● Movement Patterns ● Rhythm Sequences ● Concepts and Principles of Movement and Performance ● Health-Enhancing Level of Physical fitness and activities ● Dynamic Stretching ● Strength and Endurance Training ● Georgia Fitness Assessment ● Personal and Social Behavior in Physical Activity Settings ● Value of Physical Activity ● Modeling Healthy Behaviors for Self and Others ● Health Advocacy for personal, family, and community ● Dynamics of healthy and unhealthy relationships
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<p>MYP Assessments/ Performance Tasks</p>	<p>Common Assessments Title and Criterion: Formative Assessment: Pre-Fit Georgia Assessment: Conduct an initial fitness assessment to evaluate students' current levels in various areas such as the PACER test, curl-ups, and push-ups. Goal Setting: Have students set realistic, personalized fitness goals based on their assessment results. They should choose one specific area (increasing curl-up repetitions) to focus on for improvement. Learning Proper Form and Technique classes focusing on the correct form and technique for curl-ups and push-ups. Use demonstrations, and hands-on practice. Regularly observe and provide feedback on students' form to ensure they're performing exercises correctly and safely.</p> <p>Benchmark Pacing and Target Goals Periodically assess students' performance in the PACER test, curl-ups, and push-ups to track their progress. Pacing Charts: Provide pacing charts or benchmarks for each exercise to help students understand the progress they need to make to reach their goals. By integrating these elements into your program, you'll help students build a solid foundation for physical fitness, understand the importance of nutrition, and develop lifelong habits that contribute to their overall health and well-being.</p>	<p>Common Assessments Title and Criterion: Formative Assessment: Teacher observation of initial striking of the volleyball. Summative Assessment: Students will apply skills learned in real game situations and write a reflection on the volleyball unit. Performance Tasks: Students will practice the forehand technique by striking the ball against the wall attempting to hit the designated target. Students will watch and record the amount of times the ball hits the target. Students will practice the backhand technique by striking the ball against the wall attempting to hit the designated target. Students will watch and record the amount of times the ball hits the target. Students will practice the forehand and backhand technique by striking the ball bounced in front of them attempting to hit the ball over the net. Students will have different roles: striker, thrower, shagger, and the remaining students will help retrieve the ball.</p>	<p>Common Assessments Title and Criterion: Formative Assessment: Teacher observation of initial striking of the volleyball. Summative Assessment: Students will apply skills learned in real game situations and write a reflection on the volleyball unit. Performance Tasks: Students will participate in a circuit training type of activity designed to improve basketball skills. These skills include, basketball weaving, layups, team games, elimination games, free throw shooting, passing, perimeter shooting, and suicide dribble. Students will practice these skills until mastery is accomplished. Students will participate in a circuit training type of activity designed to improve defensive basketball skills. These skills include defensive stance, rebounding, close-out, king of the hill, and one-on-one play. Students will practice basketball skills in their groups to demonstrate mastery. Students will then practice their basketball skills by participating in real game situations. Students will be placed into groups based on their skill level and play 3-on-3 games for 5 minute intervals.</p>	<p>Common Assessments Title and Criterion: Formative Assessment: Teacher observation of initial striking of the volleyball. Summative Assessment: Students will apply skills learned in real game situations and write a reflection on the volleyball unit. Performance Tasks: Training routine. These activities will include but are not limited to planks, jump rope, step-ups, sit-ups, resistance strength training, squats, and walking. Students will participate in a fitness circuit and perform exercises at their own pace for 1 minute each with 30 second rests in between. Students will practice interval-training workouts in which students will complete 2 minutes of slow jogging at their own pace and walk for 3 minutes. Students will perform 3 intervals. The teacher will time and monitor students during running. Students will run at their individual pace.</p>
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	Differentiation For Tiered Learners	Marietta City Schools teachers provide specific differentiation of learning experiences for all students. Details for differentiation for learning experiences are included on the district unit planners.			