

# Physical Education 7 (0070) Course Overview Curriculum Document

## Course Description

The Appleton Area School District 7th Grade and 8th Grade physical education program will provide a wide range of opportunities in adventure, net games, invasion, and outdoor pursuits while improving levels of health related fitness. During this course students will develop and apply social and emotional learning to improve their overall well-being.

### Credits

.5

### Prerequisites

None

### Board Approved

### Revised

Summer 2022

## Required Assessments

District-wide, standards-based common summative assessments

## Textbooks/Resources

### Course Essential Understandings

- As a result of successfully completing this course, students will
- demonstrate how to work in a group to communicate and solve problems in a unique physical environment.
  - Develop eye-hand coordination proficiency to net games and invasion activities.
  - Develop basic strategies in net games and invasion activities.
  - Apply movement concepts to outdoor pursuits.
  - understand how to apply the FITT formula to maintaining intensity in activities that improve fitness levels.

### Course Relevance Questions

How does developing skills and teamwork improve fitness and impact health outcomes?

## Unit Overviews

Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Unit # - Adventure	<i>Adventure is a lifetime activity. In doing this activity we provide a possibility of interest later in life. Adventure Education is learning through adventure-centered experiences that require the use of communication, problem solving, and trust to be successful. The experiences are developed in an individual capacity and transferred to a group dynamic to create success for a group</i>	<ul style="list-style-type: none"> <li>● Ice Breakers</li> <li>● Acquaintance activities</li> <li>● Communication</li> <li>● Problem Solving</li> <li>● Trust</li> <li>● Climbing skills</li> <li>● Group application</li> </ul>	<b>S4.M1.7</b> <b>S4.M1.8</b> <b>S4.M3.7</b> <b>S4.M3.8</b> <b>S4.M4.8</b> <b>S4.M5.8</b> <b>S4.M6.7</b> <b>S4.M7.8</b> <b>S5.M3.7</b> <b>S5.M6.8</b>	<b>S4.M1.7</b> <b>S4.M1.8</b> <b>S4.M3.7</b> <b>S4.M3.8</b> <b>S4.M4.8</b> <b>S4.M5.8</b> <b>S4.M6.7</b> <b>S4.M7.8</b> <b>S5.M3.7</b> <b>S5.M6.8</b>
Unit # - Net Games	<i>Net Games are lifetime activities. In doing this activity we provide a possibility of interest later in life. Students are able to competently demonstrate a net/wall game with correct technique, rules, and movement concepts. At middle school we introduce more skills and basic strategies in an effort to develop physical literacy.</i>	<ul style="list-style-type: none"> <li>● <i>how to transition from offense/defense</i></li> <li>● <i>communicating with teammates.</i></li> <li>● <i>how to play in accordance with the rules of the game.</i></li> <li>● <i>decipher game strategy and shot selection used in game play.</i></li> <li>● <i>demonstrating mature forms of serving, overhead passes, forearm passes, short/long-handled implement forehand and backhand with appropriate power and accuracy.</i></li> <li>● <i>transitioning from offense/defense by recovering quickly</i></li> <li>● <i>communicating with teammates.</i></li> </ul>	<b>S1.M13.8</b> <b>S1.M12.8</b> <b>S1.M14.8</b> <b>S1.M15.8</b> <b>S1.M16.8</b> <b>S2.M7.8</b> <b>S2.M8.8</b> <b>S3.M8.8</b> <b>S4.M5.8</b> <b>S5.M6.8</b>	<b>S1.M13.8</b> <b>S1.M12.8</b> <b>S1.M14.8</b> <b>S1.M15.8</b> <b>S1.M16.8</b> <b>S2.M7.8</b> <b>S2.M8.8</b> <b>S3.M8.8</b> <b>S4.M5.8</b> <b>S5.M6.8</b>
Unit # - Outdoor Pursuits	Outdoor Pursuits is a lifetime activity. In doing these activities we provide a possibility of interest later in life. Students will apply a variety of movement concepts from target games, invasion strategies and snowshoeing that take place in a natural setting. <i>Golf, disc golf, foot golf and snowshoeing.</i>	Students will apply a variety of movement concepts from target games, invasion strategies and snowshoeing that take place in a natural setting. <ul style="list-style-type: none"> <li>● Grip</li> <li>● alignment</li> <li>● Stance</li> </ul>	<b>S1.M22.6</b> <b>S2.M9.8</b> <b>S2.M13.7</b> <b>S3.M8.8</b> <b>S4.M5.8</b> <b>S5.M6.8</b>	<b>S1.M22.6</b> <b>S2.M9.8</b> <b>S2.M13.7</b> <b>S3.M8.8</b> <b>S4.M5.8</b> <b>S5.M6.8</b>

		<ul style="list-style-type: none"> <li>● mature form</li> <li>● proper use of force</li> <li>● follow through</li> <li>● Application</li> </ul>		
Unit # - Invasion	<p><i>Invasion is a lifetime activity. In doing this activity we provide a possibility of interest later in life. Students are able to competently demonstrate an invasion game with correct technique, rules, and movement concepts. At middle school we introduce more skills and basic strategies in an effort to develop physical literacy.</i></p>	<ul style="list-style-type: none"> <li>● <i>how to transition from offense/defense</i></li> <li>● <i>communicating with teammates.</i></li> <li>● <i>how to play in accordance with the rules of the game.</i></li> <li>● <i>decipher game strategy and shot selection used in game play.</i></li> <li>● <i>Demonstrating a mature form of throwing, catching, dribbling</i></li> <li>● <i>transitioning from offense/defense by recovering quickly</i></li> <li>● <i>communicating with teammates.</i></li> </ul>	<p><b>S1.M2.8</b>  <b>S1.M3.7</b>  <b>S1.M4.6</b>  <b>S1.M4.7</b>  <b>S1.M5.7</b>  <b>S1.M6.7</b>  <b>S1.M8.8</b>  <b>S1.M9.8</b>  <b>S1.M11.6</b>  <b>S2.M2.8</b>  <b>S2.M3.8</b>  <b>S2.M5.8</b>  <b>S2.M6.8</b>  <b>S3.M8.8</b>  <b>S4.M5.8</b>  <b>S5.M6.8</b></p>	<p><b>S1.M2.8</b>  <b>S1.M3.7</b>  <b>S1.M4.6</b>  <b>S1.M4.7</b>  <b>S1.M5.7</b>  <b>S1.M6.7</b>  <b>S1.M8.8</b>  <b>S1.M9.8</b>  <b>S1.M11.6</b>  <b>S2.M2.8</b>  <b>S2.M3.8</b>  <b>S2.M5.8</b>  <b>S2.M6.8</b>  <b>S3.M8.8</b>  <b>S4.M5.8</b>  <b>S5.M6.8</b></p>
Unit #-Fitness	<p><i>Fitness is a lifetime activity. In doing this activity we provide a possibility of interest later in life. Students are able to competently demonstrate fitness, correct technique, rules/etiquette, and movement concepts. At middle school we introduce more skills and basic strategies in an effort to develop physical literacy.</i></p>	<ul style="list-style-type: none"> <li>● <i>the 5 components of fitness</i></li> <li>● <i>the FITT formula</i></li> <li>● <i>the relationship and benefits of Nutrition and living a healthy lifestyle.</i></li> <li>● <i>major muscle groups and identify muscles and functions</i></li> <li>● <i>interpret heart rate and use of technology to measure intensity.</i></li> <li>● <i>students will know essential fitness terminology used when participating in fitness type activities</i></li> <li>● <i>utilize and interpret technology to measure heart rate</i></li> <li>● <i>performing a variety of strength/endurance movements</i></li> <li>● <i>proper use and safety associated with using fitness equipment</i></li> </ul>	<p><b>S3.M1.8</b>  <b>S3.M8.8</b>  <b>S3.M13.8</b>  <b>S3.M11.6</b>  <b>S3.M11.7</b>  <b>S3.M11.8</b>  <b>S3.M14.6</b>  <b>S3.M16.8</b>  <b>S4.M5.8</b>  <b>S5.M1.8</b>  <b>S5.M6.8</b></p>	<p><b>S3.M1.8</b>  <b>S3.M8.8</b>  <b>S3.M13.8</b>  <b>S3.M11.6</b>  <b>S3.M11.7</b>  <b>S3.M11.8</b>  <b>S3.M14.6</b>  <b>S3.M16.8</b>  <b>S4.M5.8</b>  <b>S5.M1.8</b>  <b>S5.M6.8</b></p>