

Physical Education 8 (0080) 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, 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
- apply the stages of adventure to improve group dynamics and how to identify individual challenges to experience success..
 - identify specific skill areas to improve in net and invasion games for self and others.
 - Analyze strategies in net games and invasion activities.
 - Apply movement and fitness concepts to outdoor pursuits.
 - Be able to use technology to adjust fitness intensity levels to improve fitness.

Course Relevance Questions

How does proficiency in a variety of skills improve physical literacy for middle school students?

Unit Overviews

Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Unit # - Adventure	<i>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. Processes are adapted for each group and individual to experience challenges to overcome.</i>	<ul style="list-style-type: none"> ● Ice Breakers ● Acquaintance activities ● Communication ● Problem Solving ● Trust ● Climbing skills ● Group application 	S4.M1.7 S4.M1.8 S4.M3.7 S4.M3.8 S4.M4.8 S4.M5.8 S4.M6.7 S4.M7.8 S5.M3.7 S5.M6.8	S4.M1.7 S4.M1.8 S4.M3.7 S4.M3.8 S4.M4.8 S4.M5.8 S4.M6.7 S4.M7.8 S5.M3.7 S5.M6.8
Unit # - Net Games	<i>Net Games are lifetime activities. Students are able to competently demonstrate a net/wall game with correct technique, rules, and movement concepts. Analysis of skill and strategies are emphasized and students need to transfer those skills to similar games.</i>	<ul style="list-style-type: none"> ● <i>how to transition from offense/defense</i> ● <i>communicating with teammates.</i> ● <i>how to play in accordance with the rules of the game.</i> ● <i>decipher game strategy and shot selection used in game play.</i> ● <i>demonstrating mature forms of serving, overhead passes, forearm passes, short/long-handled implement forehand and backhand with appropriate power and accuracy.</i> ● <i>transitioning from offense/defense by recovering quickly</i> ● <i>communicating with teammates.</i> 	S1.M13.8 S1.M12.8 S1.M14.8 S1.M15.8 S1.M16.8 S2.M7.8 S2.M8.8 S3.M8.8 S4.M5.8 S5.M6.8	S1.M13.8 S1.M12.8 S1.M14.8 S1.M15.8 S1.M16.8 S2.M7.8 S2.M8.8 S3.M8.8 S4.M5.8 S5.M6.8
Unit # - Outdoor Pursuits	Outdoor Pursuits are non-traditional activities that take place outdoors. Students will develop and apply a variety of skills and proficiency to be successful in activities such as disc golf, snowshoeing, and orienteering.	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"> ● Grip ● alignment ● Stance ● mature form ● proper use of force ● follow through ● Application 	S1.M22.6 S2.M9.8 S2.M13.7 S3.M8.8 S4.M5.8 S5.M6.8	S1.M22.6 S2.M9.8 S2.M13.7 S3.M8.8 S4.M5.8 S5.M6.8

<p>Unit # - Invasion</p>	<p><i>Students will apply various invasion strategies and concepts to a variety of games. Students will also be able to analyze invasion games to improve performance in self and others.</i></p>	<ul style="list-style-type: none"> ● <i>how to transition from offense/defense</i> ● <i>communicating with teammates.</i> ● <i>how to play in accordance with the rules of the game.</i> ● <i>decipher game strategy and shot selection used in game play.</i> ● <i>Demonstrating a mature form of throwing, catching, dribbling</i> ● <i>transitioning from offense/defense by recovering quickly</i> ● <i>communicating with teammates.</i> 	<p>S1.M2.8 S1.M3.7 S1.M4.6 S1.M4.7 S1.M5.7 S1.M6.7 S1.M8.8 S1.M9.8 S1.M11.6 S2.M2.8 S2.M3.8 S2.M5.8 S2.M6.8 S3.M8.8 S4.M5.8 S5.M6.8</p>	<p>S1.M2.8 S1.M3.7 S1.M4.6 S1.M4.7 S1.M5.7 S1.M6.7 S1.M8.8 S1.M9.8 S1.M11.6 S2.M2.8 S2.M3.8 S2.M5.8 S2.M6.8 S3.M8.8 S4.M5.8 S5.M6.8</p>
<p>Unit #-Fitness</p>	<p><i>Students will be learning how to apply fitness principles and adjust intensity levels to achieve a health-enhancing level of physical fitness.</i></p>	<ul style="list-style-type: none"> ● <i>the 5 components of fitness</i> ● <i>the FITT formula</i> ● <i>the relationship and benefits of Nutrition and living a healthy lifestyle.</i> ● <i>major muscle groups and identify muscles and functions</i> ● <i>interpret heart rate and use of technology to measure intensity.</i> ● <i>students will know essential fitness terminology used when participating in fitness type activities</i> ● <i>utilize and interpret technology to measure heart rate</i> ● <i>performing a variety of strength/endurance movements</i> ● <i>proper use and safety associated with using fitness equipment</i> 	<p>S3.M1.8 S3.M8.8 S3.M13.8 S3.M11.6 S3.M11.7 S3.M11.8 S3.M14.6 S3.M16.8 S4.M5.8 S5.M1.8 S5.M6.8</p>	<p>S3.M1.8 S3.M8.8 S3.M13.8 S3.M11.6 S3.M11.7 S3.M11.8 S3.M14.6 S3.M16.8 S4.M5.8 S5.M1.8 S5.M6.8</p>