MASD P.E. Curriculum Map

C. Eggler

7th-12th Grades Physical Education

Week	Unit Name (Topic)	Objectives	Standards & Eligible Content	Resources	Assessments	Adaptations Modifications
Aug-Oct Nov-Jan	Physical Fitness Testing Archery Flag Football Soccer Volleyball Dodgeball Bowling Basketball Team Handball	• Demonstrate the basic skills of team and individual activities. • Acquire a knowledge and understanding of the rules and techniques of various activities. • Develop safety habits with regards to self, fellow players, equipment, and playing area. • Become aware of the need of physical fitness and recreation, which can be carried over into adult life. • Develop leadership, teamwork, and a sense of fair play in society as well as in athletics.	National: Standards 1-6 PA: 10.4.9.A-F 10.5.9.A-F 10.4.12.A-F 10.4.12.A-F	https://www.stateboard education.pa.gov/Documents/Regulations%20and%20Statements/State%20Academic%20Standards/SandyHealth.pdf https://www.shapeamerica.org/uploads/pdfs/2017/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf	• Students' progress will be assessed in various ways which may include, but not be limited to the following; • Proper dress attire • Participation • Teacher and Peer Co-operation • Class Behavior and Discipline • Summative Assessments • Formative Assessments	**Based on classes' needs**

Feb-May	Line Dancing Swing Dancing Ballroom Dancing Rhythmic Movement Aerobics Pillow Polo Pickleball Table Tennis	• Analyze the effects of positive and negative interactions of adolescent group members in physical activities: group dynamics, social pressure • Identify and describe the principles of training using appropriate vocabulary: specificity, overload, progression, aerobic/anaerobic, circuit/interval, repetition/set				