

Wallenpaupack Area School District Planned Course Curriculum Guide

Physical Education

Physical Education Grade 7

Course Description:

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is the intention of this course to provide students with the necessary knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, as well as to favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving their highest academic potential.

Revision Date:

2/24/2023

Wallenpaupack Area School District Curriculum	
COURSE: Physical Education 5	GRADE/S: 7
UNIT 3: Movement Exploration	TIME FRAME: Year-round

PA COMMON CORE/NATIONAL STANDARDS:

10.4.9 A, B, C, D, E, F

10.5.9 A, B, C, D

UNIT OBJECTIVES (SWBATS):

- Students will be able to analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
- Students will be able to analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
- Students will be able to analyze factors that affect the responses of body systems during moderate to vigorous physical activities.
- Students will be able to analyze factors that affect physical activity preferences of adolescents.
- Students will be able to analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
- Students will be able to analyze the effects of positive and negative interactions of adolescent group members in physical activities.
- Students will be able to describe and apply the components of skill-related fitness to movement performance.
- Students will be able to describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
- Students will be able to identify and apply practice strategies for skill improvement.
- Students will be able to identify and describe the principles of training using appropriate vocabulary.

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Explain, demonstrate, and perform any of the activities below.

Explain critical elements of skills (cues).

Explain and apply concepts of locomotor movements in a variety of activities.

Participate in cooperative games and activities.

Locomotor Movements

- Walk
- Run/jog
- Hop
- Jump
- Skip
- Gallop
- Leap
- Slide
- Dodge

Non-locomotor movements

- Bend/stretch
- Push/pull
- Swing/sway
- Twist-turn

Ready Position

- Movement ready position
- Static ready
- Planted

Relationships

- Over
- Under
- On
- Off
- Near
- Far
- In Front
- Behind
- Along
- Through
- Around
- Alongside

Balance Activities

- Yoga poses

Cooperation and Sportsmanship

- Partner activities
- Small group
- Teams
- Positive attitude

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Skill checklist
- Student participation
- Class discussion
- Self/partner/group assessment regarding sportsmanship & cooperation

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)
Modify exercises so all students can participate • Moving at a slower pace • Give options for exercises/locomotor skills • Different levels of challenge
RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.): Marathon Kids Various PE Websites
RESOURCE SPECIFIC VOCABULARY: