

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	GRADE/S: 7
UNIT 1: Wellness and Fitness	TIMEFRAME: 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:

Flexibility

- Student led stretches
- Discussions of why stretching properly is appropriate for the activity
- Static and dynamic warm-ups/Cool-down
- Yoga

Cardiovascular Endurance

- Marathon Kids Program
- Jogging/Walking
- Discussions of pacing: how and why.
- Discussions of heart rate and breathing rate.
- Exercises that increase heart rate (jumping jacks, jump rope, mountain climbers, etc.)
- Games and fitness stations that increase heart rate

Muscular Strength

- Wall ladders (pull-ups, chin ups, arm hang)
- Body weight exercises (push-up, plank, sit-ups, yoga poses, squats, lunges, etc.)

Social Skills

- Cooperation collaboration
- Conflict Resolution
- Fairness
- Working hard
- Setting goals
- Awareness of the needs of others
- Peer communication

F.I.T.T. Principle

- Discussions about frequency, intensity, time, and type of exercise.

ANCHOR VOCABULARY:**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

- Teacher Observation
- Formative assessments pre/post
- Student participation
- Class discussion
- Fitness Testing

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

Students will be able to perform and describe exercises and activities with proper form.

Students will be able to show an understanding by explaining and demonstrating basic movement and skills using appropriate vocabulary.

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

Modify exercises so all students can participate

- Moving at a slower/faster pace
- Give options for exercises that work the same muscle groups
- Various levels of challenge
- Modify rules of a game or activity
- Adjust and/or modify equipment used for activity

RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):

Marathon Kids
Various PE Websites

RESOURCE SPECIFIC VOCABULARY:

