Lehighton Area School District
Curriculum Framework

Course Title:	Physical Education
Content Area:	Physical Education
Grade Level(s):	7th Grade
Course Overview:	This course includes developing a wide range of skills in individual and team sports, fitness activities, and modified games while also focusing on personal health and social development. Key components are assessing personal fitness, setting goals, learning to apply movement and motor skills, and understanding the importance of a lifelong, active lifestyle. Students can expect to learn and practice sport skills, particapte in activities, strength training, and apply principles of health and safety. Physical Education for 7th grade consists of one class everyday for one semester.
PA Core Standards:	PA Academic Standards for Health, Safety, and Physical Education
Key Course Text and Materials:	No Book
Key Assessments/Projects:	Unit Quizzes Fitness Tests Pre/Post

Big Idea/Unit: **Basketball**
Pacing: 7 - 10 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.4.6 ABCDEF 10.5.6 ABCDEF	Demonstrate the basic concepts, skills, and rules for basketball; 1. Dribbling 2. Passing 3. Lay Ups 4. Set Shot 5. Defensive Play Participate in various lead up games for basketball. Participate in a basketball game.	Foul Jump Shot Lay-Up Shot Rebound Set Shot Triple Threat Position Turnover Walk/Traveling Double Dribble Carry Guard Position Forward Position	PowerPoint Basketball Online Basketball Videos	10 Multiple Choice questions on Canvas Basketball Shooting Test - Hot Shot Blitz Skill Tests Rubric - dribbling, passing, shooting, teamwork Observation of rules and participation
10.1.6.E 10.2.6 D	Identify how the "Hoops For Heart" Program helps the community and promotes a healthy lifestyle.			Hoops For Heart - Extra Credit

Big Idea/Unit: **Field Hockey**
Pacing: 5 - 7 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.2.6 D 10.3.6 AD 10.4.6 ABCDEF 10.5.6 ABCDEF	Demonstrate the basic concepts, skills, and rules for field hockey; 1. Dribbling 2. Passing 3. Shooting 4. Defensive Play 5. Offensive Play Participate in various lead up games for field hockey. Participate in a field hockey game.	Control Dribble Speed Dribble Indian Dribble Push Pass Drive Pass High Stick Grip Advancing Reverse Stick Free Hit Corner Hit Forward Position Midfielder Poition	PowerPoint Field Hockey Online Field Hockey Videos	10 Multiple Choice questions on Canvas Observation of rules and participation Skill Test Rubric - Fitness Level, Skill Level, Teamwork, Sportsmanship

Big Idea/Unit: **Fitness Activities and Tests**
Pacing: 10 - 14 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.2.6 D 10.3.6 AD 10.4.6 ABCDEF 10.5.6 ABCDEF	Identify one's individual fitness level. Set a fitness goal for improvement from pre test to post test. Demonstrate the basic concepts and skills to perform a given Fitness Test. Participate in pre/post Fitness Tests.	Goal Target Heart Rate Pulse	PowerPoint Heart Rate PowerPoint Cardiovascular System PowerPoint Muscular System Online Videos PowerPoint Stretching	10 Multiple Choice questions on Canvas Observation of rules and participation Fitness Tests Pre/Post 1. 50 Yard Dash 2. 600 Yard Run 3. 12 Minute Run/Jog 4. Shuttle Run

	Identify skill related fitness components; agility, speed, power, balance, coordination, and reaction time. Examine health related fitness components; cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	Aerobic Anaerobic Pace Stride Muscular Strength Muscular Endurance Flexibility Speed BMI	PowerPoint Stretching	4. Shuttle Run 5. Standing Long Jump 6. Right Angle Push Ups 7. Curl Ups 8. Vertical Jump 9. Pull Ups 10. Sit & Reach Test

Big Idea/Unit:	**Flag Football**			
Pacing:	5 - 7 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.2.6 D 10.3.6 AD 10.4.6 ABCDEF 10.5.6 ABCDEF	Demonstrate the basic concepts, skills, and rules for flag football; 1. Throwing 2. Catching 3. Offensive Play 4. Defensive Play Participate in various lead up games for flag football. Participate in a flag football game.	Spiral Fumble Interception Touchdown Field Goal Extra Point Lineman Receivers Safety First Down Off Sides	PowerPoint Flag Football Online Flag Football Videos	10 Multiple Choice questions on Canvas Observation of rules and participation Skill Test Rubric - Fitness Level, Skill Level, Teamwork, Sportsmanship

Big Idea/Unit:	**Soccer**			
Pacing:	5 - 7 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.2.6 D 10.3.6 D 10.4.6 ABCDEF 10.5.6 ABCDEF	Demonstrate the basic concepts, skills, and rules for soccer. 1. Dribbling 2. Passing. 3. Shooting 4. Offensive Play 5. Defensive Play Participate in various lead up games for soccer. Participate in a soccer game.	Dribbling Heading Kick Off Throw In Trap Free Kick Corner Kick Yellow Card Red Card Goalie Forward Position Midfielder Position	PowerPoint Soccer Online Soccer Videos	10 Multiple Choice questions on Canvas Skill Test Rubric - Fitness Level, Skill Level, Teamwork, Sportsmanship Observation of rules and participation

Big Idea/Unit:	**Softball**			
Pacing:	5 - 7 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

10.2.6 D 10.3.6 D 10.4.6 ABCDEF 10.5.6 ABCDF	Demonstrate the basic concepts, skills, and rules for softball; 1. Throwing 2. Catching 3. Batting 4. Fielding 6. Base Running Participate in various lead up games for softball. Participate in a game of softball.	Strike Foul Bunt Walk Force Out Inflield Outfield Tag Over Run Catcher	PowerPoint Softball Online Videos Softball	10 Multiple Choice questions on Canvas Observation of rules and participation Skill Test Rubric - Fitness Level, Skill Level, Teamwork, Sportsmanship

Big Idea/Unit:	**Volleyball**			
Pacing:	5 - 8 Days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.2.6 D 10.3.6 D 10.4.6 ABCDEF 10.5.6 ABCDEF	Demonstrate the basic concepts, skills, and rules for volleyball; 1. Underhand/Overhand Serve 2. Pass 3. Set 4. Shot/Spike 5. Teamwork/Communication Participate in various lead up games for volleyball. Participate in a volleyball game.	Volley Dig Pass Set Spike Shot Block Carry Rotation Underhand Serve Overhand Serve	Powerpoint Volleyball Online Videos Volleyball	10 Multiple Choice questions on Canvas Observation of rules and participation Skill Test Rubric - Fitness Level, Skill Level, Teamwork, Sportsmanship