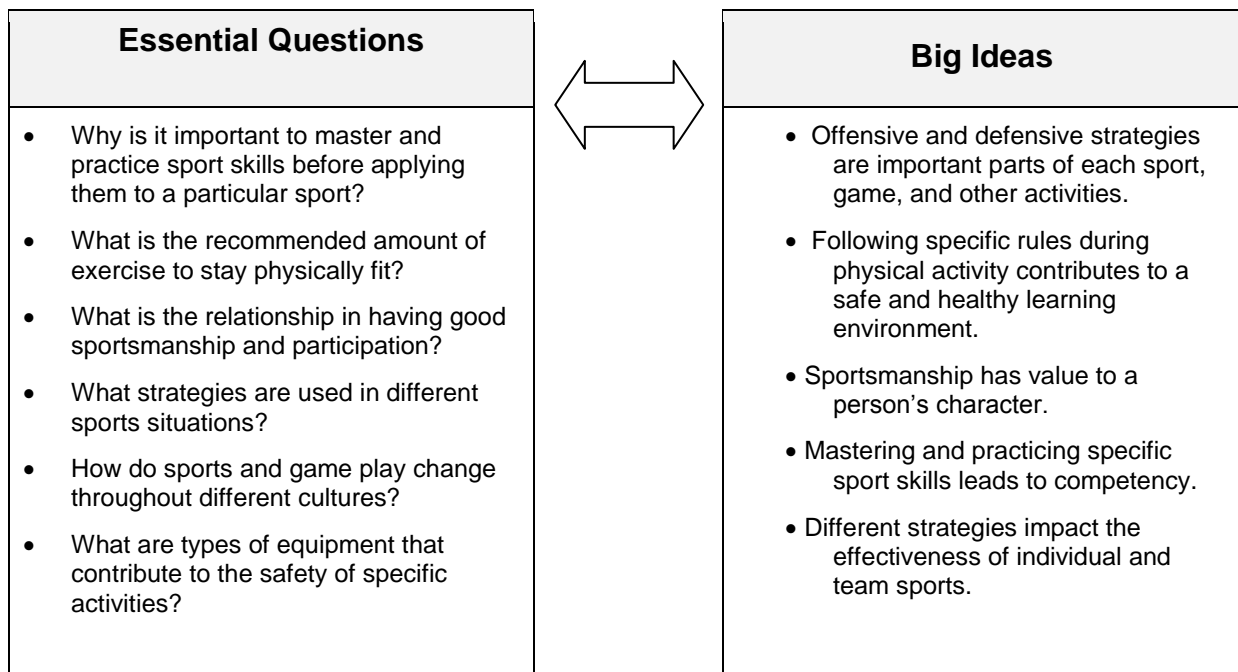


# Grade 7-8 Physical Education

<b>Title</b>	<b>Sport Skills, Strategy, Sportsmanship, Rules, and Safety</b>
21 <sup>st</sup> Century Themes	Health Literacy, Civic Literacy
Interdisciplinary focus and technology integration	<p>Knowing and understanding concepts of movement will improve performance in a specific skill and provide the foundation for transfer of skills in a variety of sports and activities.</p> <p>In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment of sportsmanship, rules and safety guidelines.</p>

## Stage 1: Integrate essential questions, big ideas and learning targets, and ensure it can be differentiated and assessed



Learning Targets-students will be able to;
<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Apply a master skill to a sport and game setting.</li> <li>• Compare and contrast the use of offensive and defensive strategies in a variety of settings.</li> <li>• Demonstrate and analyze specific rules and procedures for various sports.</li> <li>• Compare, contrast, implement, and modify strategies used in individual/team sports and activities.</li> <li>• Analyze the impact of sport rules and regulations from different cultures.</li> </ul>

- Observe physical activities and provide feedback to participants to improve performance.
- Describe and apply the application of appropriate rules, strategies and sportsmanship behaviors as a participant in and observer of physical activities.
- Analyze critical thinking, decision-making, and problem solving skills through sport and activity.

**Assessments:** Teacher observation, student participation / effort, preparation, oral responses, partner assessment, self assessment, fitness tests

**Differentiation**

Written work and artistic expression are used in the presentation and the assessment of the lesson.

Adjust length of lesson and equipment being used according to student abilities.

**Stage 2: Backward planning: from the assessment to the learning activities through inquiry**

Content Standards: 2.5 Motor Skills 2.6 Fitness

2.5.8.B.1 Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.

2.5.8.B.2 Assess the effectiveness of specific mental strategies applied to improve performance.

2.5.8.C.1 Assess player behavior for evidence of sportsmanship in individual, small group, and team activities.

2.5.8.C.2 Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

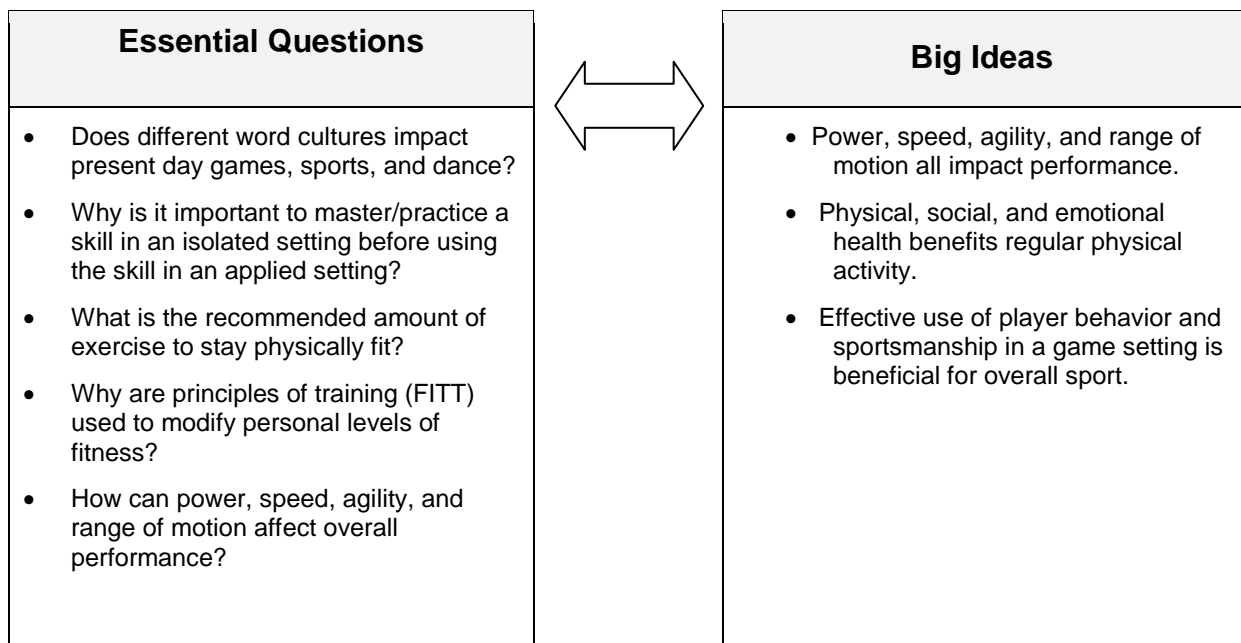
2.5.8.C.3 Analyze the impact of different world cultures on present-day games, sports, and dance.

<p><b>Learning Experiences</b></p> <p>Soccer Football Basketball Volleyball Tumbling/Gymnastics Ultimate Frisbee Cooperative Activities</p> <p>Pickle-ball Hockey Wiffle-Ball Cardio-Kickball Fitness Testing Badminton</p>	<p><b>Teaching Strategies</b></p> <p>Convergent Divergent Guided Discovery Inclusion Reciprocal Command Self Check</p>
<p><b>Resources:</b> PE Central, PE game manuals, workshops, teaching physical education textbooks</p>	

# Grade 7-8 Physical Education

Title	Movement Skills and Concepts/Fitness and Physical Activity
21 <sup>st</sup> Century Themes	Health Literacy
Interdisciplinary focus and technology integration	<p>All students will develop competence and confidence in gross motor skills and provide a foundation for participation in physical activity.</p> <p>All students will apply health-related and skill related fitness concepts and skills to develop and maintain a healthy, active lifestyle.</p>

## Stage 1: Integrate essential questions, big ideas and learning targets, and ensure it can be differentiated and assessed



Learning Targets-students will be able to;
<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Identify and apply the components of health-related fitness and explain activities related to each component.</li> <li>• Demonstrate and apply appropriate techniques used in fitness.</li> <li>• Analyze how fitness activities enhance personal wellness.</li> <li>• Develop, implement, and analyze a fitness plan that includes all fitness components based on the assessment of one's personal fitness level.</li> <li>• Demonstrate a variety of manipulative skills.</li> </ul>

- Follow proper safety methods when performing physical activities.
- Explain physical, social, emotional benefits of exercise.
- Explain how practice, regular participation, and appropriate feedback help improve skills.
- Demonstrate and analyze movement skills specific to various sports.
- Follow proper safety methods when performing physical activities.
- Explain, apply, and analyze the training principles, and frequency, intensity, time, and type (FITT) to improve personal fitness.
- Apply the concepts of force and motion to impact performance.

**Assessments:** Teacher observation, student participation/ effort, preparation, oral responses, partner assessment, self assessment, fitness tests

### **Differentiation**

Written work and artistic expression are used in the presentation and the assessment of the lesson.

Adjust length of lesson and equipment being used according to student abilities.

## **Stage 2: Backward planning: from the assessment to the learning activities through inquiry**

Content Standards: 2.5 Motor Skills 2.6 Fitness

2.5.8.A.1 Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).

2.5.8.A.2 Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.

2.5.8.A.3 Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).

2.5.8.A.4 Detect, analyze, and correct errors and apply to refine movement skills

2.5.8.C.1 Assess player behavior for evidence of sportsmanship in individual, small group, and team activities.

2.5.8.C.2 Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

2.5.8.C.3 Analyze the impact of different world cultures on present-day games, sports, and dance.

2.6.8.A.1 Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.

2.6.8.A.2 Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

2.6.8.A.3 Analyze how medical and technological advances impact personal fitness.

2.6.8.A.4 Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.

2.6.8.A.5 Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.

2.6.8.A.6 Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.

**Learning Experiences**

Locomotion Skills	Lead up games
Manipulative activities	Fitness
Rhythmic skills	Partner activities
Creative Play	Cooperative games
Tagging Games	Apparatus
Stations	Jumping Rope
Body management skills	
Relays	

**Teaching Strategies**

Convergent  
 Divergent  
 Guided Discovery  
 Inclusion  
 Reciprocal  
 Command  
 Self Check

**Resources:** PE Central, PE game manuals, workshops, teaching physical education textbooks