

Teacher: CORE P.E. Grade 7

Year: 2010-11

Course: P.E. Grade 7

Month: All Months

S e p t e m b e r	Team Activity:SOCCER ~ 4 Days							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	Why is teamwork so important? What are the roles and values associated with teamwork? How can competency or proficiency in an activity impact your fitness level? How can leadership effect group activity? How can problem solving effect group activity? How does age and ability impact involvement in physical activity? How does an individual's actions and behaviors impact physical activity?	Indoor Soccer Game	demonstrate and participate in indoor soccer skills - dribbling, passing, shooting, goal keeping	throw ins punting trapping passing goalie play goal kick corner kick shooting	Rules of the game 10/1/2010 Unit Test 10/1/2010			PE. PHY EDU know skill in c and use con gam spor add env con PE. PHY EDU com inte func skill tech on f incl asse und rela betw phy and prev illne and deat PE. PHY EDU

<p>How does personal and social behaviors effect activity (variety of roles, etc.)? How is skill level analyzed? What influences your decision to participate in physical activity?</p>							<p>dev lead prob solv coo tear part gro PE. PH ED und role acti and bala coo com beh a po in w dev shar lead prob skil und phy emo soci of p in p acti</p>
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FITNESS:TESTING WELLNESS

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	<p>Presidential Fitness Testing</p> <p>Resources: wood blocks</p>	<p>1. warm-up - walking, jogging, running. 2. muscular strength 3. muscular endurance</p>	<p>pacers sit ups endurance</p>				<p>PE. PH ED dem com vari phy acti</p>

		pull-up bar yardstick track stopwatch	4. heart rate 5. flexibility 6. spatial awareness 7. start and stop signals					(gar exe pro con each PE. PH ED com inte func skil tech on f incl asse und rela betw phy and prev illne and dear
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TEAM ACTIVITY: FOOTBALL

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	1. Throwing and catching 2. basic positions 3. defensive play - man to man 4. offensive play- route running 5. punting and kicking 6. basic rules for modified game	1. throwing at a stationary target 10 yards away 2. catching with 2 hands away from the body 3. throwing and catching while running a specific route - in, out, curl 4. proper use of 3 or 5 step	in , out , hook patterns 3 step drop 5 step drop snapping the ball punting point value for scoring downs				PE. PH ED know skil in c and use con gam spor add env con PE. PH

		<p>drop while throwing</p> <p>5. understanding role of positions - quarterback, running back, center, wide receiver</p> <p>6. understanding man to man concepts on defense</p> <p>7. students will be able to play a modified football game</p> <p>8. students will be able to officiate games while playing</p> <p>9. students will demonstrate good sportsmanship</p>						<p>EDU</p> <p>com</p> <p>inte</p> <p>func</p> <p>skil</p> <p>tech</p> <p>on f</p> <p>incl</p> <p>asse</p> <p>und</p> <p>rela</p> <p>betw</p> <p>phy</p> <p>and</p> <p>prev</p> <p>illne</p> <p>and</p> <p>dear</p> <p>PE.</p> <p>PH</p> <p>EDU</p> <p>dev</p> <p>lead</p> <p>prob</p> <p>solv</p> <p>coo</p> <p>tear</p> <p>part</p> <p>grou</p> <p>PE.</p> <p>PH</p> <p>EDU</p> <p>und</p> <p>risk</p> <p>phy</p> <p>is p</p> <p>inco</p> <p>perf</p> <p>extr</p> <p>env</p> <p>con</p> <p>reco</p> <p>imp</p> <p>safe</p> <p>con</p> <p>(equ</p>
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Frisbee Activities

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How can frisbee activities improve overall fitness?	rules, strategies, court boundaries, skills Kan Jam - rules, strategies Frisbee golf - rules, strategies, scoring Frisbee darts - rules, strategies, scoring Ultimate Frisbee	Ultimate Frisbee - throwing, catching, Kan jam - throwing to a target, deflection to target Frisbee golf - throwing to a target Frisbee Darts - throwing to a target	scoring system	self and peer assessment, observation, modeling 10/31/2010 References - links 10/31/2010	day 1 Day 2 and 3 - Ultimate frisbee Day 4 and 5 Day 6 and 7 Frisbee golf		PE.I.0 PERS HEAL FITNI STUD WILL THE NECE KNOW AND ESTA AND PHYS FITNI PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe

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Lifetime Sports/activities

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
How does interacting with	Teamwork Safety Leadup	Know and understand the health			weight lifting/cardiovascular exercise		PE. PH EDU

<p>classmates help with the students social development? How will lifetime sports effect your fitness? What is the value of continuing lifetime fitness?</p>	<p>Games/Games Rules/Regulations Strategy Sportsmanship Self-Motivation</p>	<p>related components of fitness through strength training, fitness testing and aerobic conditioning. Demonstrate an understanding of one's level of personal fitness related to stress, healthy-eating and choice of leisure activities. Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength, endurance, flexibility, and body composition. Acquire knowledge and understanding of factors that effect movement and responses of body systems during physical activity.</p>			<p>physical fitness testing tennis golf</p>	<p>show info con awa alte their com phy and able faci prog ava</p>
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		<p>Develop a desire to participate in order to maintain physical fitness.</p> <p>Participate in a variety of activities that develop health-related physical fitness.</p> <p>Demonstrate understanding and respect for differences among people in physical activity settings.</p> <p>Understand and apply the concept of team and lifetime sports activities.</p> <p>Analyze, achieve and maintain a healthful level of physical fitness.</p> <p>Develop a positive attitude towards physical activity by accepting challenges and extending their personal capabilities</p>					
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RAQUET ACTIVITIES: BADMINTON

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	History: --Origin of Sport, Olympics --Renovation of Equipment	Identify orally year badminton became official United States sport (1908) Sequence orally recognition of badminton as Olympic sport (International Olympic Committee, 1978) Sequence visually and orally components of badminton raquet, net, shuttle cock (birdie)	underhand serve "birdie" boundry lines service boxes rotation rally scoring forehand shot drop shot smash				
	Rules: -Service -Modified Game	Identify visually and orally boundaries and lines of court Identify visually and orally service box (smaller lines inside the entire court)					

		<p>Identify visually and orally 3 serve rules (must be underhand, served to opposite diagonal service box, must land inbounds inside the opposite service box)</p> <p>Identify visually and orally 7 rules when playing a game:</p> <ul style="list-style-type: none">--birdiehitting line is an in-bound call--1 serve per side to clear net--1 shot per side to clear net--once Server 1 loses serve Server 2 on service team serves--server can score maximum of 5 points per turn--birdie hits ceiling called out-- Replay point: <p>basketball hoops and</p>				
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		poles Rotate up to 2 players when student's team earns birdie back					
	Fundamental Techniques: -Serve -Shot	Serve underhand to opposite diagonal service box Rally with another student using an overhead clear, forehand, backhand, and smash shot.					
	Game Play: -Officiating --Fair Play	Self-monitor spatial awareness on court when playing with partner Officiate modified game based on 7 rules during tournament play Score teams playing in game using scoreboard. State orally fair calls when playing in modified game Display good sportsmanship conduct when					

		playing in modified game: --positive encouragement when team players have made an error --praise to opposite team when they execute a good shot --positive reinforcement for team players between points (e.g., high 5s)					
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AQUATIC ACTIVITIES: SWIM

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	1. rhythmic breathing 2. strokes - front crawl, elementary backstroke, breaststroke 3. treading water 4. floating - on front and back 5. introduction to diving 6. retrieval of objects under water 7. underwater distance swim	1. stationary bobbing of body while rhythmically breathing for 20 seconds 2. students will perform proper kick techniques of all strokes using wall and kick board support. 3. students will be able to tread water using arms and legs for one minute 4. students will perform a surface dive to retrieve an	rhythmic breathing front crawl pencil dive breaststroke elementary backstroke lifeguard				PE. PHY. EDU. dem abil phy info pro serv PE. PHY. EDU. com inte func skill tech on f incl asse und rela betw phy

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TEAM ACTIVITIES: BASKETBALL ~

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
Why is teamwork so important?	rules, teamwork, sportsmanship, basic skills 3 on 3 5 on 5 Knockout Around the world 2 bounce	dribbling, shooting, passing and catching 1. stationary dribbling with right and left hand 2. dribbling while moving 3. perform chest and bounce pass with a partner while stationary 4. dribbling - pivoting - passing to a moving target 5. shooting - lay up, block jumper, and jump shot 6. participate in modified games - 1v1, 2v2, 3v3, PIG, knockout	chest pass bounce pass dribbling traveling rules knockout PIG screening pivot basket cut	Skills Assessment 1/31/2011 3 on 3 tournament 1/31/2011	Day 1 Day 2 Day 3 Day 4 Day 5 and 6		PE.I.0 PERS HEAL FITNE STUD WILL THE NECE KNOW AND ESTA AND PHYS FITNE PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe variety activit sports that pr condit

			7. demonstrate good sportsmanship					each f PE.I.0 PHYS EDUC know skills compl need t the co games with a enviro constr PE.I.0 PHYS EDUC develo leader proble coope team v partici group PE.I.0 AND ENVI STUD WILL THE KNOW AND NECE CREA MAIN SAFE HEAL ENVI PE.I.0 PHYS EDUC unders risks o physic perfor incorr perfor
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TEAM ACTIVITIES:FLOOR HOCKEY

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	1. forehand and backhand pass 2. proper grip and ability to control stick 3. wrist shot 4. spatial awareness 5. goalie strategies 6. play modified game and knowledge of rules	1. students will perform a forehand and backhand pass to a stationary partner 2. stick handling and spatial awareness while moving 3. performance of a wrist shot against the wall while stationary 4. use and understanding of goalie glove to freeze the puck 5. be able to play modified game while keeping sticks below the knee and without body contact	wrist shot backhand forehand goalie strategies faceoff passing				PE. PH ED dev lea prob solv coo tear part gro PE. PH ED und risk phy is p inco perf extr env con reco imp safe con (equ faci wel emc con esse safe PE. PH ED dev

	motion						<p>EDUC demon compe variet activit sports that pr condit each f PE.I.0 PHYS EDUC know skills compl need t the co games with a enviro constr PE.I.0 PHYS EDUC develo leader proble coope team v partici group PE.I.0 AND ENVI STUD WILL THE KNOW AND NECE CREA MAIN SAFE HEAL ENVI PE.I.0</p>
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TEAM ACTIVITIES: TEAM HANDBALL

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	1. throwing and catching 2. passing 3. shooting 4. zone defense 5. play modified game	1. perform stationary throwing and catching with a partner 2. passing to a teammate while moving 3. perform shooting technique at a target 4. understanding of crease and defensive strategy of blocking shots 5.	jump ball goal crease travelling zone defense half court defense blocking				PE. PH EDU dev lea prob solv coo tear part gro PE. PH EDU und risk phy is p inco perf extr env con reco imp safe con (equ faci wel

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TEAM ACTIVITIES: VOLLEYBALL

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Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
	1. Underhand Serve 2. Bump 3. Set - just an introduction to this skill, students aren't expected to master this skill at this	1. students will perform a bump with a partner/group 2. students will perform the underhand serve while stationary against the wall 3. students will then perform the	bumping setting modified hitting overhand/underhand serve boundry lines rotation 3-hits				PE. PHY EDU dev imp pers plan self and und phy char resu train

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A p r i l	Health and Wellness 7th Grade Fitness							
	Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
		<p>5 Components of Health Fitness:</p> <ul style="list-style-type: none"> • Body Composition • Cardiovascular Endurance • Flexibility • Muscular Strength • Muscular Endurance <p>Defining Physical Fitness Muscle Recognition/Identification Heart Rates Nutrition:</p> <ul style="list-style-type: none"> • Metabolic Rate • Caloric Balance/Expenditure <p>Community Resources free to students</p>	<p>Monitor Heart Rate Rope Jumping Circuit Training Fitness Stations Resistance Training Core Training Aerobic Training Stretching</p>	<p>muscular strength muscular endurance body mass index dynamic stretching calories</p>				<p>PE.I.0 PERS HEAL FITNE STUD WILL THE NECE KNOW AND ESTA AND PHYS FITNE PART IN PH ACTI MAIN PERS HEAL PE.I.0 PHYS EDUC demon compe variety activit sports that pr condit each f PE.I.0 PHYS EDUC combi integr fundam and ac</p>

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Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Star
	History and origin of sport Rules of game Throwing and Fielding Hitting	Rules: - outs per inning - balls and strikes per at bat - force outs vs. tag outs - strike zone Throwing: - ability to throw to a stationary target 15 feet away - - Fielding a ground ball - Fielding a ball hit in the air	name of defensive positions pop up ground ball force outs tag outs outs in an inning				PE. PH ED dev lead prob solv coo tear part grou PE. PH ED dev coo coll wel spor and othe PE. PH ED wor con with acce goa acti dem con for inv

Track and Field

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Star
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	<p>Demonstrate general knowledge in a variety of track and field events. Define the following terms: sprint (dash), relay, baton, shot put, and discus.</p>	<p>Demonstrate proper running form. Demonstrate proper throwing techniques of the shot put and discus. Successfully demonstrate handling and receiving the baton.</p>	<p>lap = quarter mile baton relay race pacing endurance run short distance sprint long jump</p>				<p>PE. PH ED know skill in c and use con gam spor add env con PE. PH ED dev lead prob solv coo tear part grou PE. PH ED und risk phy is p inco perf extr env con reco imp safe con (equ faci wel emo con</p>
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Tennis ~ Racquet Sport - Tennis

Essential Questions	Content	Skills	Vocabulary	Assessments	Lessons	Resources	Standards
<p>what is the proper serve rotation for doubles and singles? what is the proper scoring?</p>	<p>History - Origin of Sport Rules of the Game knowledge of proper scoring</p>	<p>introduction to overhand serve - students will be taught the proper overhand serve. Students are not required to overhand serve in a game. forehand shot - using a partner, one</p>	<p>overhand serve forehand shot backhand shot volley modified service box</p>	<p>written 7/1/2011 skills 7/1/2011</p>			<p>PE. PH ED und role acti and bala coo com beh a po in w dev shar lead</p>

			<p>on each side of the net, students will perform the proper forehand shot going back over the net to their partner. Backhand shot - standing with a partner, one partner makes an underhand throw to their partner while the other partner hits a backhand shot back.</p> <p>serve rotation for doubles and singles match</p>					<p>pro skil und phy emo soci of p in p acti PE. PH EDU com inte fun skil tech on f incl asse und rela betw phy and prev illne and dear PE. PH EDU dev lead prob solv coo tear part grou PE. PH EDU dev coo coll</p>
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