

PE Grade 7

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September 2020

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>CEQ:</p> <ul style="list-style-type: none"> WHAT DOES IT MEAN TO BE A PHYSICALLY FIT INDIVIDUAL ? <i>HOW DOES TEAMWORK, SPORTSPERSONS HIP, AND WORK ETHIC HELP ACCOMPLISH LIFE GOALS?</i> <i>HOW DO MOTOR SKILLS, MOVEMENT PATTERNS AND GAME STRATEGIES ENHANCE PHYSICAL FITNESS?</i> 	<p>Introduction/Team Building</p> <ol style="list-style-type: none"> Apply class rules and understand their importance. Demonstrate sportsmanship and teamwork. <p>Fitness Testing</p> <ol style="list-style-type: none"> Apply PACER and Fitnessgram Testing to demonstrate current fitness level. Set goals to improve or maintain appropriate levels of fitness. 	<p>Fitness Testing</p> <p>LT1. I can understand how my physical fitness is improved through weight lifting.</p> <p>LT2. I can understand the physical and mental benefits of goal setting and proper</p>	<p>Fitness Testing</p>	<p>Introduction/Team Building</p> <ol style="list-style-type: none"> Daily grading on ability to follow class rules. Daily grading on ability to display good sportsmanship and teamwork. <p>Fitness Testing</p> <ol style="list-style-type: none"> 1-2: Written and verbal assessment CSA 3: Self evaluation of fitness level. 	<p>Introduction/Team Building</p> <p>Fitness Testing</p> <p>https://fitnessgram.net/assessment/</p>

<p>Weight Training</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are the safety concerns involved in lifting weights?</i> • <i>What is the proper technique involved with the different machines/weights?</i> • <i>How does participation in weight training improve physical fitness?</i> <p>Weight Training</p> <ol style="list-style-type: none"> 1. Skills/safety 2. Proper techniques and use of equipment. 3. Fitness Principles 4. Muscles involved 	<p>Weight Training</p> <ol style="list-style-type: none"> 1. Demonstrate correct lifting techniques 2. Display proper understanding of spotting when using free weights. 3. Explain how lifting weights improves our fitness. 4. Identify muscles used during various lifts. 	<p>fitness.</p> <p>Weight Training</p> <p>LT1. I can demonstrate safe lifting techniques. LT2. I can perform these skills used in weightlifting. • Proper techniques for various machines • Proper use of equipment • Spotting LT3. I can understand how my physical fitness is improved through weight lifting. • Physical and mental benefits</p>	<p>Weight Training</p> <p>S1.M24 S3.M3 S3.M4 S3.M5 S3.M11 S3.M14</p>	<p>Weight Training</p> <p>1-2: Teacher observations CFA 3-4: Written and verbal assessment CSA 5: Self evaluation of fitness level.</p>	<p>Weight Training</p> <ul style="list-style-type: none"> • http://www.pecenta1.org • http://www.exercisegoals.com <p>Key Vocabulary</p> <p>Sets Repetitions Safety</p>
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<p>Flag Football</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in flag football?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in flag football improve physical fitness?</i> <p>Flag Football</p> <ol style="list-style-type: none"> 1. Skills 2. Rules 3. Game strategy 4. Sportsmanship 5. Fitness 	<p>Flag Football</p> <ol style="list-style-type: none"> 1. Demonstrate basic throwing and catching techniques. 2. Apply team principles to game situations. (rules) 3. Display basic understanding of defensive and offensive positioning 4. Cooperatively work with classmates to accomplish team goals. 5. Identify aspects of health 	<p>Flag Football</p> <p>LT1. I can perform these skills used in flag football.</p> <ul style="list-style-type: none"> • Throwing • Catching (triangle) • Flag Pulling <p>LT2. I can explain these rules involved in Flag football.</p> <ul style="list-style-type: none"> • Line of scrimmage • Four downs • Offense • Defense <p>LT3. I can understand how my physical fitness is improved through flag football.</p>	<p>Flag Football</p> <p>S1.M2.7</p> <p>S1.M3.7</p> <p>S1.M5.7</p> <p>S1.M6.7</p> <p>S1.M7.7</p>	<p>Flag Football</p> <p>1-3, Teacher observations CFA 4-5: Self Assessment CSA</p>	<p>Flag Football</p> <p>http://www.pecentral.org</p> <p>http://www.pecentral.org</p> <p>Key Vocabulary Passing Receiving Line of scrimmage Downs Plays Kicking/Punting</p>
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	enhancing behaviors.	<ul style="list-style-type: none"> • Muscles used (Biceps) • Benefits of physical fitness 			
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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>Soccer</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in soccer?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in soccer improve physical fitness?</i> <p>Soccer</p> <ol style="list-style-type: none"> Skills Rules Game Strategy 	<p>Soccer</p> <ol style="list-style-type: none"> 1a. Display basic dribbling, trapping, and passing skills. 1b. Identify which areas of the foot to kick the ball with and when. 2. Explain the basic rules and positions involved in the game. 3. Exhibit and clarify a basic understanding of defense and offense. 4. Cooperatively work with classmates to accomplish team goals. 5a. Combine and apply principles of fitness to the game of soccer. 	<p>Soccer</p> <p>LT1. I can perform these skills used in soccer.</p> <ul style="list-style-type: none"> • Dribbling • Passing • Trapping • Throw-ins <p>LT2. I can explain these rules involved in soccer.</p> <ul style="list-style-type: none"> • Throw-ins • Kick-off • Goal kick • Positions (forward, midfield, defense, goal keeper) 	<p>Soccer</p> <p>S1.M4</p> <p>S1.M9</p> <p>S1.M10</p>	<p>Soccer</p> <p>1-3: Teacher, peer, and self evaluations CFA 1-3: Skills tests 4-5: Written assessment CSA</p>	<p>Soccer</p> <p>5-6: Heart rate monitors 5: Pedometers</p> <ul style="list-style-type: none"> • Complete Physical Education Plans for Grades 7-12 • http://www.pecentral.org <p>Key Vocabulary</p> <p>Passing</p> <p>Dribbling</p> <p>Shooting</p> <p>Goal keeper</p> <p>Throw in</p> <p>Corner kick</p> <p>Goal kick</p>

<p>4. Sportsmanship 5. Fitness</p>	<p>5b. Recognize the importance of physical activity.</p>	<p>LT3. I understand how my physical fitness is improved through soccer. • Benefits of physical fitness (Aerobic vs. Anaerobic)</p>			
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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>Volleyball</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in volleyball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in volleyball</i> 	<p>Volleyball</p> <p>1a. Demonstrates proficiency in performing the forearm pass, setting, serve receiving, underhand or overhand serve. 1b. Identify the basic hitting sequence involved in a game. 2. Apply team principles to game situations. (rules)</p>	<p>Volleyball</p> <p>LT1. I can perform these skills used in volleyball. • Forearm pass • Setting • Underhand serve • Receiving a serve</p> <p>LT2. I can explain these rules involved in volleyball. • Rally scoring</p>	<p>Volleyball</p> <p>S1.M12 S1.M13</p>	<p>Volleyball</p> <p>1-3, Informal assessments of skill and knowledge through observation of play. 1-3, Teacher, peer, and self evaluations CFA 4,5: Skills Assessment CSA</p>	<p>Volleyball</p> <p><u>Complete Physical Education Plans for Grades 7-12</u> <u>http://www.pecentral.org</u></p> <p>Key Vocabulary Pass Set Serve Rally scoring</p>

<p><i>improve physical fitness?</i></p> <p>Volleyball</p> <ol style="list-style-type: none"> 1. Skills 2. Rules 3. Game strategy 4. Fitness Principles 5. Sportsmanship 	<ol style="list-style-type: none"> 3. Display basic understanding of defensive and offensive positioning. 4. Identify aspects of health enhancing behaviors. 5. Willingly cooperates and integrates with partners and team members. 	<ul style="list-style-type: none"> • Rotation • Side out <p>LT3. I can understand how my physical fitness is improved through volleyball.</p> <ul style="list-style-type: none"> • Benefits of physical fitness 			
<p>Floor Hockey</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in floor hockey?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in floor hockey improve physical fitness?</i> 	<p>Floor Hockey</p> <ol style="list-style-type: none"> 1a. Demonstrate proper stickhandling and passing techniques. 1b. Distinguish between the forehand and backhand shot. 1c. Display basic goalkeeping skills in a game situation. 1d. Apply basic shielding maneuvers in a game. 2. Explain the roles and responsibilities of different positions. 	<p>Floor Hockey</p> <p>LT1. I can perform these skills used in floor hockey.</p> <ol style="list-style-type: none"> a. Stick handling b. Passing c. Shooting d. Goal keeping e. Shielding <p>LT2. I can explain these strategies involved in floor hockey.</p> <ol style="list-style-type: none"> a. Positions (forward, defense, goalie) b. Teamplay (passing) 	<p>Floor Hockey</p> <p>S1.M19</p> <p>S1.M24</p>	<p>Floor Hockey</p> <p>1-4: Informal assessment through teacher observation. CFA 3,4: Written assessment CSA 1-3: Peer evaluations CFA</p>	<p>Floor Hockey</p> <p><u>Complete Physical Education Plans for Grades 7-12</u> http://www.pecentral.org</p> <p>Key Vocabulary Passing Shooting Goaltending</p>

<p>Floor Hockey</p> <ol style="list-style-type: none"> 1. Skills 2. Positions 3. Sportsmanship /Rules 4. Fitness Principles 	<p>2b. Identify basic principles involved in offense and defense.</p> <p>3a. Cooperatively work with classmates to accomplish team goals.</p> <p>3b. Explain rules and scoring.</p> <p>4. Combine and apply principles of fitness and anatomy to the game of hockey.</p>	<p>LT3. I can explain these rules involved in floor hockey.</p> <ol style="list-style-type: none"> a. Scoring b. Safety <p>LT4. I can understand how my physical fitness is improved through floor hockey.</p>			
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<p>Basketball</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in basketball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation</i> 	<p>Basketball</p> <ol style="list-style-type: none"> 1a. Exhibit proficiency in dribbling, passing, and shooting skills. 1b. Demonstrate and describe proper defensive stance. 2. Collaborate with classmates to ensure game success. 	<p>Basketball</p> <p>LT1. I can perform these skills used in basketball.</p> <ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Defense <p>LT2. I can explain these strategies involved in</p>	<p>Basketball</p> <p>S2.M1</p> <p>S2.M2</p> <p>S2.M3</p> <p>S2.M4</p> <p>S2.M5</p>	<p>Basketball</p> <p>1-4: Teacher, peer and self evaluations CFA</p> <p>5: Written assessment CSA</p>	<p>Basketball</p> <p><u>Complete Physical Education Plans for Grades 7-12</u></p> <p>http://www.pecentral.org</p> <p>Key Vocabulary Dribbling</p>

<p><i>in basketball improve physical fitness?</i></p> <p>Basketball</p> <ol style="list-style-type: none"> Skills Sportsmanship Fitness Principles Lifetime Activity 	<ol style="list-style-type: none"> Display positive sportsmanship. Identify lifetime activities revolving around basketball skills. Apply principles of a healthy lifestyle to the game of basketball. 	<p>basketball.</p> <ul style="list-style-type: none"> Positions (forward, defense) Teamplay (passing) <p>LT3. I can explain these rules involved in basketball.</p> <ul style="list-style-type: none"> Scoring <p>LT4. I understand how my physical fitness is improved.</p>	<p>S2.M6</p>		<p>Passing Shooting Defense</p>
<p>Team Handball</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> <i>What are the rules, skills, and game strategies involved in team handball?</i> <i>How do teamwork and sportsmanship affect game play?</i> <i>How does participation in team handball improve physical fitness?</i> 	<p>Team Handball</p> <ol style="list-style-type: none"> Show proper dribbling and passing techniques. Display basic shooting and goal keeping strategies. <ol style="list-style-type: none"> Apply correct defensive and goal tending positioning during game play. Strategize with teammates to ensure optimal performance. Explain and exhibit appropriate rules and 	<p>Team Handball</p> <p>LT1. I can perform these skills used in team handball.</p> <ul style="list-style-type: none"> Passing Shooting Defense Goal Keeping <p>LT2. I can explain these rules involved in team handball.</p> <ul style="list-style-type: none"> Scoring <p>LT3. I can understand how my physical fitness is</p>	<p>Team Handball</p> <p>S2.M1</p> <p>S2.M2</p> <p>S2.M3</p> <p>S2.M4</p> <p>S2.M5</p> <p>S2.M6</p>	<p>Team Handball</p> <p>1-4: Informal assessment through teacher and self evaluations. CFA 3,4: Written assessment CSA</p>	<p>Team Handball</p> <p><u>Complete Physical Education Plans for Grades 7-12</u></p> <p>http://www.pecentral.org</p> <p>Key Vocabulary</p> <p>Dribbling</p> <p>Passing</p> <p>Shooting</p>

<p>Team Handball</p> <ol style="list-style-type: none"> 1. Skills 2. Positions 3. Rules/Strategy 4. Fitness Principles 	<p>scoring during game situations.</p> <ol style="list-style-type: none"> 4. Identify muscles involved in the game of team handball. 	<p>improved through team handball.</p>			
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<p>Eclipse Ball</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in eclipse ball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in eclipse ball create appreciation for lifelong fitness?</i> 	<p>Eclipse Ball</p> <ol style="list-style-type: none"> 1. Demonstrate correct forehand and backhand strokes. 2. Model proper underhand and overhand serves. 3. Reveal the basic rotation pattern. 4. Explain and display accurate rules and scoring. 5. Identify major muscles used in eclipse ball. 	<p>Eclipse Ball</p> <p>LT1. I can perform these skills used in eclipse ball.</p> <ul style="list-style-type: none"> • Forehand • Backhand • Serve <p>LT2. I can explain these rules involved in eclipse ball.</p> <ul style="list-style-type: none"> • Rally scoring • Side outs • Playing guidelines 	<p>Eclipse Ball</p> <p>S2.M7</p> <p>S2.M8</p> <p>S2.M9</p> <p>S2.M10</p>	<p>Eclipse Ball</p> <p>1-4, 6: Teacher, peer and self evaluations CFA 7:Written assessment. CSA</p>	<p>Eclipse Ball</p> <p><u>Complete Physical Education Plans for Grades 7-12</u> <u>http://www.pecentral.org</u></p> <p>Key Vocabulary Serving Rally scoring Rotation</p>

<p>1. Skills 2. Game Strategy 3. Team play 4. Rules 5. Muscles 6. Sportsmanship 7. Fitness Principles</p> <p>Pickleball</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in pickleball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in pickleball improve physical fitness?</i> 	<p>6. Cooperatively work with teammates towards a common goal. Display positive sportsmanship.</p> <p>7. Describe the fitness benefits of participating in eclipse ball and how they relate to the 5 components of fitness.</p> <p>Pickleball</p> <p>1a. Demonstrate correct forehand and backhand strokes.</p> <p>1b. Model proper underhand serve.</p> <p>2a. Show the basic rotation pattern.</p> <p>2b. Cooperatively work with teammate toward a common goal.</p> <p>3. Explain and display accurate rules and scoring.</p> <p>4. Apply principles of fitness to pickleball.</p> <p>5. Display positive sportsmanship.</p>	<p>LT3. I can understand how my physical fitness is improved through eclipse ball.</p> <ul style="list-style-type: none"> • Muscles used <p>Pickleball</p> <p>LT1. I can perform these skills used in eclipse ball.</p> <ul style="list-style-type: none"> • Forehand • Backhand • Serve <p>LT2. I can perform these skills used in pickleball.</p> <ul style="list-style-type: none"> • Forehand-Grip • Backhand-Grip • Serve <p>LT3. I can explain these rules involved in pickleball.</p> <ul style="list-style-type: none"> • Scoring • Rotation • Volley and no 	<p>Pickleball</p> <p>S1.M12</p> <p>S1.M13</p> <p>S1.M14</p> <p>S1.M15</p> <p>S1.M16</p> <p>S1.M24</p>	<p>Pickleball</p> <p>1-5: Teacher, peer and self evaluations. CFA 3: Written assessments CSA</p>	<p>Pickleball</p> <p><u>Complete Physical Education Plans for Grades 7-12</u> http://www.pecentral.org http://www.usapa.org</p> <p>Key Vocabulary Serving No smash zone Diagonal Rotation</p>
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<ol style="list-style-type: none"> 1. Skills 2. Game Strategy 3. Rules 4. Lifetime activity 5. Sportsmanship 		volley zones LT4. I can understand how my physical fitness is improved through pickleball. <ul style="list-style-type: none"> • Muscles used (Latissimus Dorsi) • Benefits of physical fitness (Lifetime activity) 			
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<p>Ultimate Games/ Ultimate Frisbee</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the basic rules, locomotor skills and strategies involved in various ultimate games?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in ultimate games affect life long fitness?</i> 	<p>Ultimate Games/ Ultimate Frisbee</p> <ol style="list-style-type: none"> 1. Model the basic offensive and defensive strategies. 2. Demonstrate proper shooting, dribbling, safety, and goal tending techniques as well as proper offensive and defensive positioning. 	<p>Ultimate Games/ Ultimate Frisbee</p> <p>LT1. I can perform these skills used in ultimate games.</p> <ul style="list-style-type: none"> • Passing a variety of objects • Shooting • Goal Tending • Fleeing & Dodging • Offensive positions • Defensive positions • Strategies and 	<p>Ultimate Games/ Ultimate Frisbee</p> <p>S1.M4</p> <p>S1.M9</p> <p>S1.M10</p> <p>S1.M18</p> <p>S1.M22.6</p> <p>S1.M24</p> <p>S2.M2</p>	<p>Ultimate Games/ Ultimate Frisbee</p> <p>1-3. Teacher observations of game knowledge, safety, sportsmanship and participation. CFA</p> <p>1-2. Students will participate in playing each offensive and defensive position</p> <p>4: Written</p>	<p>Ultimate Games/ Ultimate Frisbee</p> <p>www.pecentral.org</p> <p>Key Vocabulary</p> <p>Ultimate big base</p> <p>Ultimate frisbee</p> <p>Ultimate football</p> <p>Ultimate jog/trashball</p>

<p>1. Rules 2. Strategies 3. Teamwork 4. Sportsmanship</p> <p>Tumbling</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are the safety concerns involved with tumbling?</i> • <i>What are the proper techniques involved with the different skills learned and equipment used?</i> • <i>How does participation in tumbling improve physical fitness?</i> <p>1. Skills Fitness 2. Principles</p>	<p>3. Display basic game strategies and tactics. 4. Define good sportsmanship and teamwork.</p> <p>Tumbling</p> <p>1. Relate the skills learned in tumbling to how they are used in rhythm and dance. 2. Recognize the various equipment used in tumbling and gymnastics.</p>	<p>Tactics LT2. I can explain the rules involved in ultimate games. • Offensive plays • Defensive skills • Game rules and scoring LT3. I can understand how my physical fitness is affected .</p> <p>Tumbling</p> <p>LT1. Demonstrate proper tumbling techniques. LT2. Demonstrate proper understanding of how equipment is used. LT3. Explain how the 5 fitness components relate to overall health and fitness levels.</p>	<p>Tumbling</p> <p>S1.M1</p>	<p>assessment.</p> <p>Tumbling</p> <p>1-3: Teacher Observation CFA</p>	<p>Tumbling</p> <p>Key Vocabulary Cartwheel Forward roll Round-offs Balance</p>
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Standards					
Content	Skills	Learning Targets	Assessment	Resources & Technology	
<p>Speedball</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in speedball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in speedball improve physical fitness?</i> <ol style="list-style-type: none"> 1. Skills 2. Rules 3. Scoring: 4. Team work 5. Fitness 	<p>Speedball</p> <ol style="list-style-type: none"> 1a. Demonstrate proper throwing and catching techniques. 1b. Model converting a ground ball to an ariel ball. 2. Apply team principles to game situations. (rules) 3. Identify the different ways to score points, and the point values. 4. Cooperatively work with classmates to accomplish team goals. 5. Identify fitness areas covered by this activity. 	<p>Speedball</p> <p>LT1. I can perform these skills used in speedball.</p> <ul style="list-style-type: none"> • Throwing • Passing • Catching • Kick ups • Dribbling • Trapping <p>LT2. I can explain these rules involved in speedball.</p> <ul style="list-style-type: none"> • Scoring (Field goals, touchdowns, soccer goal) • Positions <p>LT3. I can understand how my physical fitness is improved through speedball.</p> <ul style="list-style-type: none"> • Muscles used (biceps, triceps, abdominals, 	<p>Speedball</p> <p>S1.M4</p> <p>S1.M9</p> <p>S1.M10</p> <p>S2M2</p>	<p>Speedball</p> <p>1,3,5: Teacher observations CFA</p> <p>2,5: Written assessment CSA</p> <p>4: Self assessment CFA</p>	<p>Speedball</p> <p><u>Complete Physical Education Plans for Grades 7-12</u></p> <p><u>http://www.pecentral.org</u></p> <p>Key Vocabulary</p> <p>Ariel ball</p> <p>Ground ball</p> <p>Air dribble</p> <p>Shooting</p>

		quadriceps, hamstrings)			
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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>Tennis</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in tennis?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How do tennis skills relate to other racket sports?</i> • <i>How does participation in tennis improve physical fitness?</i> <ol style="list-style-type: none"> Skills Game Strategy Rules Fitness Principles Muscles 	<p>Tennis</p> <ol style="list-style-type: none"> 1a. Demonstrate the Easton Grip (shake hands). 1b. Model the two hand and one hand backhand. 1c. Display smooth ground strokes low to high. 1d. Demonstrate over head serve. 1e. Apply proper volley techniques. 1f. Display proper racket use. <ol style="list-style-type: none"> 2. Distinguish between the doubles and single boundary lines. <ol style="list-style-type: none"> 3a. Identify the service lines and the base line. 3b. Recite the score correctly when playing. 4. Apply principles of practice and conditioning to tennis. 	<p>Tennis</p> <p>LT1. I can perform these skills used in tennis.</p> <ul style="list-style-type: none"> • Forehand-Grip • Backhand-Grip • Serve • Volley <p>LT2. I can explain these rules involved in tennis.</p> <ul style="list-style-type: none"> • Scoring • Singles vs. Doubles <p>LT3. I can understand how my physical fitness is improved through tennis.</p> <ul style="list-style-type: none"> • Muscles used • Benefits of physical fitness (Lifetime activity) 	<p>Tennis</p> <p>S1.M13</p> <p>S1.M14</p> <p>S1.M17</p> <p>S1.M22</p> <p>S1.M24</p> <p>S2.M7</p> <p>S2.M8</p> <p>S2.M9</p> <p>S2.M10</p> <p>S2.M13</p>	<p>Tennis</p> <p>1-5: Teacher observation of proper techniques. CFA</p> <p>3-5: Rules, strategies, and etiquette will be observed during gameplay. CFA</p> <p>2-5: Knowledge of rules and boundaries will be evaluated while games are being played. CFA</p> <p>1: Skills test CFA</p> <p>1: Tennis Assignment CFA</p>	<p>Tennis</p> <p><u>Complete Physical Education Plans for Grades 7-12</u> http://www.pecentral.org</p> <p>Key Vocabulary Forehand Backhand Overhead Volley</p>

<p>6. Lifetime activity</p> <p>Softball</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and game strategies involved in softball?</i> • <i>How do teamwork and sportsmanship affect game play?</i> • <i>How does participation in softball improve physical fitness and promote life long fitness?</i> <p>1. Skills</p>	<p>5. Explain muscles involved on how you can increase their endurance.</p> <p>Softball</p> <p>1a. Model the basic offensive and defensive strategies.</p> <p>1b. Demonstrate proper batting, fielding, and base running techniques along with proper offensive and defensive positioning.</p> <p>1c. Display proficient throwing and catching skills.</p> <p>2. Apply basic game tactics and strategies.</p> <p>3. Identify muscles used and how they relate to the fitness components.</p>	<p>Softball</p> <p>LT1. I can perform these skills used in softball.</p> <ul style="list-style-type: none"> • Batting • Fielding • Base running • Throwing • Catching • Defensive positions <p>LT2. I can explain these rules involved in softball.</p> <ul style="list-style-type: none"> • Offensive plays • Defensive plays 	<p>Softball</p> <p>S1.M20</p> <p>S1.M21</p> <p>S1.M22</p> <p>S2.M10</p> <p>S2.M11</p>	<p>Softball</p> <p>1-3. Teacher observations of game knowledge, safety elements, sportsmanship and participation.</p> <p>CFA</p> <p>1-2. Teacher, Peer and Self assessments.</p> <p>CFA</p> <p>1-2. Students will participate in playing each offensive and</p>	<p>Softball</p> <p>Complete Physical Education Plans for Grades 7-12</p> <p>http://www.pecentral.org</p> <p>Key Vocabulary</p> <p>Hitting</p> <p>Fielding</p> <p>Fly ball</p> <p>Ground ball</p> <p>Base running</p>
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<ul style="list-style-type: none"> 2. Rules /Strategies 3. Fitness Principles 4. Muscles 5. Teamwork and good sportsmanship 	<p>4. Define good sportsmanship and teamwork.</p>	<ul style="list-style-type: none"> • Game strategy • Scoring <p>LT3. I can understand how my physical fitness is improved through softball.</p> <ul style="list-style-type: none"> • Muscles used • Benefits of physical fitness (Lifetime activity) 		<p>defensive position.</p> <p>1-3. Written softball quiz/assignment. CSA</p> <p>1-3. Softball skills test. CSA</p>	
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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>Track and Field</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and events involved in track and field?</i> • <i>How does participation in track and field improve physical fitness?</i> • <i>How do track and field skills promote life long fitness?</i> 	<p>Track and Field</p> <p>1a. Display a clear understanding of the differences between long distance running, short sprints, and field events</p> <p>1b. Demonstrate competency in one or more of the following running events: 100,200, 400, 800, and 1600 meters or hurdles.</p> <p>1c. Exhibit basic competency in one of the</p>	<p>Track and Field</p> <p>LT1. I can perform these skills used in track and field.</p> <ul style="list-style-type: none"> • Sprints • Long Distance Running • Long Jump • Discus and Shot Put • Hand-offs <p>LT2. I can explain these strategies</p>	<p>Track and Field</p> <p>S1.M22</p>	<p>Track and Field</p> <p>1-3: Teacher observations CFA</p> <p>2,3: Written Assessment CSA</p> <p>2,3: Basic Skills Test: form running CFA</p> <p>2,3: Peer and Self Assessments CFA</p>	<p>Track and Field</p> <ul style="list-style-type: none"> • Complete Physical Education Plans for Grades 7-12 • http://www.pecentr.al.org <p>Key Vocabulary</p> <p>Sprints</p> <p>Shot put</p> <p>Discus</p> <p>Long Jump</p> <p>Relays</p>

<ul style="list-style-type: none"> ● <i>How does track and field enhance health?</i> <ol style="list-style-type: none"> 1. Skills 2. Personal Goals/training principles 3. Personal fitness improvement. 	<p>following field events: long jump, high jump, shot put, discus.</p> <ol style="list-style-type: none"> 1d. Identify basic principles involved in track events and field events. 1e. Understand how to compete in short hurdle Jumps. 1f. Describe a basic relay hand off. <ol style="list-style-type: none"> 2. Explain timed running, interval running, horizontal ladder, jump ropes, and appropriate training exercises 3. Identify aspects of health enhancing behaviors. 	<p>involved in track and field.</p> <ul style="list-style-type: none"> • Personal Records • Goal Setting • Pacing <p>LT3. I can understand how my physical fitness is improved through track and field.</p> <ul style="list-style-type: none"> • Target Heart Rate • Lifetime activity (running) 			
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<p>Lacrosse</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are the rules, skills, and events involved in lacrosse?</i> • <i>How does participation in lacrosse improve physical fitness?</i> • <i>How do lacrosse promote life long fitness?</i> 	<p>Lacrosse</p> <p>1a. Demonstrate proper crosse handling and passing techniques.</p> <p>1b. Distinguish between the forehand and backhand shot.</p> <p>1c. Apply basic shielding maneuvers in a game.</p> <p>2a. Explain the roles and responsibilities of different positions.</p> <p>2b. Identify basic principles involved in offense and defense.</p>	<p>Lacrosse</p> <p>LT1. I can perform these skills used in lacrosse.</p> <ul style="list-style-type: none"> • Gripping • Cradling • Passing • Catching • Scooping • Shooting <p>LT2. I can explain these rules involved in lacrosse.</p> <ul style="list-style-type: none"> • History of game 	<p>Lacrosse</p> <p>S1.M20</p>	<p>Lacrosse</p> <p>1-4: Informal assessment through teacher observation. CFA</p> <p>1-3: Peer evaluations CFA</p> <p>4: verbal evaluation</p>	<p>Lacrosse</p> <ul style="list-style-type: none"> • <u>Complete Physical Education Plans for Grades 7-12</u> • http://www.pecentral.org <p>Key Vocabulary</p> <p>Crosse</p> <p>Wicket / Basket Cradle</p>
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<ul style="list-style-type: none"> • <i>How does lacrosse enhance physical health?</i> <ol style="list-style-type: none"> 1. Skills 2. Game Strategy 3. Rules 4. History of Game 5. Fitness Principles 	<p>2c. Cooperatively work with classmates to accomplish team goals.</p> <p>3. Explain rules and scoring.</p> <p>4. Explain the history of the game and its significance.</p> <p>5. Combine and apply principles of fitness and anatomy to the game of lacrosse.</p>	<ul style="list-style-type: none"> • Vocabulary • Scoring <p>LT3. I can understand how my physical fitness is improved through lacrosse.</p> <ul style="list-style-type: none"> • Muscles used 			
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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>Outdoor Games Unit</p> <ul style="list-style-type: none"> • <i>How does participation in outdoor games improve physical fitness?</i> • <i>How do outdoor games promote life long fitness?</i> • <i>How does playing outdoor games</i> 	<p>Outdoor Games Unit</p> <p>1a. Model knowledge of the rules and strategies for a variety of outdoor yard games.</p> <p>1b. Apply basic locomotor skills to a variety of outdoor activities.</p> <ol style="list-style-type: none"> 1. Display an appreciation for the 	<p>Outdoor Games</p> <p>LT1. I can perform these skills used in outdoor games.</p> <ul style="list-style-type: none"> • Basic locomotor skills • Spatial awareness • Team play • Sportsmanship • Throwing • Catching 	<p>Outdoor Games</p> <p>S1.M18</p> <p>S1.M22</p> <p>S1.M24</p>	<p>Outdoor Games Unit</p> <p>1-3. Daily observation of students knowledge and skills in a variety of outdoor yard games. CFA</p>	<p>Outdoor Games</p> <ul style="list-style-type: none"> • www.pecentral.org • Dynamic Physical Education for Elementary School Children <p>Key Vocabulary</p> <p>Frisbee</p> <p>Bocce ball</p> <p>Frisbee golf</p>

<p><i>enhance physical health?</i></p> <ol style="list-style-type: none"> 1. Skills 2. Rules 3. Scoring for a variety of outdoor activities. <p>Swimming</p> <p>UEQ:</p> <ul style="list-style-type: none"> • <i>What are some pool safety rules?</i> • <i>What are some water safety survival techniques?</i> • <i>What are some pool and boat safety tips?</i> 	<p>importance of lifetime fitness.</p> <ol style="list-style-type: none"> 2. Actively engage in a variety of leisure games and activities. <p>Swimming</p> <ol style="list-style-type: none"> 1a. Demonstrate the basic techniques of survival floating. 1b. Display the proper position used when performing a stride jump. 1c. Exhibit the correct movements when treading water. 1d. Demonstrate the proper techniques used 	<ul style="list-style-type: none"> • Hitting • Dodging <p>Swimming</p> <p>LT1. I can perform these skills used in swimming.</p> <ul style="list-style-type: none"> • Water Safety • Water Fitness • Water Activities 	<p>Swimming</p> <p>S1.M23</p> <p>S2.M12</p>	<p>Swimming</p> <p>1-3: Teacher observation and verbal assessment. CFA</p>	<p>Swimming</p> <p>Key Vocabulary</p> <p>Tread water</p> <p>Survival float</p> <p>Water safety</p>
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<ul style="list-style-type: none">● <i>How does participation in swimming activities improve physical fitness?</i> <ol style="list-style-type: none">1. Skills2. Safety3. Lifetime fitness	<p>while performing the elementary backstroke.</p> <ol style="list-style-type: none">1e. Display proper paddling techniques for using a canoe.2. Identify various household everyday items that could be used to perform a water rescue.3. Explain which of the fitness components and how they can be used to improve your everyday life.				
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