

## 7th Grade Physical Education Curriculum Fall Semester 2017

Unit	Standards	Key Concepts	Resources / Activities	Vocabulary	Assessments
Introduction Week (1 week)		Syllabus. Locks.	Mile run, push ups, sit ups, and sit & reach.	All 20 words.	Fitness tests. Vocabulary pre-test.
Soccer (2 weeks)	7.2.2 Recognize the open person concept in team sport activities.	Students will learn to dribble and then pass a soccer ball to an open teammate.	Soccer balls and goals. 2 vs 1 activities. 4 vs 4 games. Full size soccer games.	1. Warm Up 2. Cool Down 3. Heart Rate 4. Stretching 5. Soccer	Quiz
Flag Football (3 weeks)	7.2.4 Describe variations of movement skills that occur in sport activities.	Students will be able to demonstrate how to catch a football in different ways. I.E. Over the shoulder catch and coming straight at you.	Flags. Football. Partner throwing drills. Route running drills. 1 vs 1 drills. 7 vs 7 games.	1. Nutrition  Sport specific terms.	Quiz.
Tennis (2 weeks)	7.1.1 Demonstrate a movement sequence in a physical activity or game.	Students will be able to demonstrate volleying in tennis.	Tennis balls. Racquets. Tennis courts. Forehand hitting drills. Backhand hitting drills. Singles and doubles games.	1. Agility 2. Coordination 3. Physical Fitness 4. Physical Activity 5. Tennis	Quiz.
Ultimate Frisbee (2 weeks)	7.5.3 Follow the rules of games and activities to ensure a safe environment for participants.	Students will be able to throw and catch a frisbee.	Frisbees. Partner throwing drills. Team throwing drills. 7 vs 7 games.	1. Flexibility 2. Endurance 3. Muscle Strength 4. Muscle Endurance 5. Ultimate Frisbee	Quiz.
Weight Room (All semester,	7.4.2 Demonstrate	Students will be able to correctly	Cardiovascular equipment.		

Wednesdays)	the importance of all components of physical fitness in achieving a desired level of health-enhancing physical fitness.	use cardiovascular equipment and weight machines.	Weight machines. Small group workouts.		
Volleyball (3 weeks)	7.5.5 Adapt games to allow the participation of individuals of varying abilities.	Students will be able to demonstrate how to correctly pass, set, and serve a volleyball.	Volleyball nets and balls. Beach balls. Partner serving. Team hitting activities.	Sport specific terms.	Quiz.
Basketball (3 weeks)	7.5.6 Participate in cooperative games that require a contribution from all team members	Students will be able to play various basketball games by the correct rules.	Basketballs. 3 on 3. 5 on 5. Horse. Knockout.. Around the World.	Sport specific terms.	Quiz.
Finals Weeks (2 weeks)		Record fitness test scores and improvements.	Mile run, push ups, sit ups, and sit & reach.	All 20 words.	Fitness Tests. Vocabulary post test. Final exam.

## 8th Grade Physical Education Curriculum Spring Semester 2018

Unit	Standards	Key Concepts	Resources / Activities	Vocabulary	Assessments
Introduction Week (1 week)		Syllabus. Locks.	Mile run, push ups, sit ups, and sit & reach.	All 20 words.	Fitness tests. Vocabulary pre-test.
Basketball (2 weeks)	8.5.5 Value others during physical activity.	Students will be able to explain the rules of various games of basketball.	Basketballs. 5 on 5 games. 21. Horse. Knockout.	1. Target Heart Rate 2. Resting Heart Rate 3. Body Mass Index (BMI)	Quiz.
Eclipse Ball (2 weeks)	8.1.1 Combine and refine fundamental techniques in games and sports and work towards achieving competence in increasingly complex physical activity contexts.	Students will be able to demonstrate teamwork, cooperation, and combine games.	Tennis racquets. Volleyball nets and courts. Red vinyl balls or foam tennis ball.	1. Aerobic Exercise 2. Anaerobic Exercise	Quiz.
Lifestyle - Weight Room (3 weeks)	8.3.4 Choose activities based upon skill level and individual physical needs.	Students will be able to demonstrate correct use of weight room equipment as well as correct form with bench press and back squat.	Wellness center. Cardiovascular equipment. Weight machines. Bench press and back squat. (PVC pipe)	1. Frequency 2. Intensity 3. Time 4. Type	Quiz.
Outdoor	8.5.4	Students will be	Corn hole, Kan-	1. Overload	Quiz.

Games (3 weeks)	Demonstrate a positive attitude toward self and peers through physical activity.	able to develop and demonstrate strategy in partner games.	Jam, Spike ball, Hillbilly golf, and Bocce ball.	2. Progression 3. Conditioning	
Pickle ball (2 weeks)	8.2.3 Describe strategies used in a net/wall game situation.	Students will be able to	Pickle ball racquets. Badminton nets. Wiffle balls.	1. Sprain 2. Strain	Quiz.
Baseball / Wiffle ball (2 weeks)	8.5.2 Perform safely and follow class rules of conduct and game rules. (tagging up)	Students will be able to develop knowledge of running the bases and explain the tagging up rule.	Baseball/Softball field. Bases. Wiffle balls. Bats. Gloves.	1. Training 2. Specificity 3. Circuit Training	Quiz.
Finals Weeks (2 weeks)		Record fitness test scores and improvements.	Mile run, push ups, sit ups, and sit & reach.	All 20 words.	Fitness Tests. Vocabulary post test. Final exam.