

# Wallenpaupack Area School District Planned Course Curriculum Guide

## Physical Education

### Physical Education Grade 7

#### Course Description:

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is the intention of this course to provide students with the necessary knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, as well as to favorably impact their lives and the lives of those around them. By becoming and remaining physically, mentally, socially and emotionally healthy, students will increase their chances of achieving their highest academic potential.

#### Revision Date:

**2/24/2023**

Wallenpaupack Area School District Curriculum	
<b>COURSE: Physical Education 5</b>	<b>GRADE/S: 7</b>
<b>UNIT 2: Body and Spatial Awareness</b>	<b>TIMEFRAME: Year-round</b>

**PA COMMON CORE/NATIONAL STANDARDS:**

10.4.9 A, B, E, F  
10.5.9 A, B, C, E

- UNIT OBJECTIVES (SWBATS):**
- Students will be able to analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.
  - Students will be able to analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
  - Students will be able to analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
  - Students will be able to analyze the effects of positive and negative interactions of adolescent group members in physical activities.
  - Students will be able to describe and apply the components of skill-related fitness to movement performance.
  - Students will be able to describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
  - Students will be able to identify and apply practice strategies for skill improvement. Students will be able to analyze and apply scientific and biomechanical principles to complex movements.

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

Self-Space: demonstrate a knowledge and understanding of self-space

- Finding self-space
- Being able to stay in self space while participating in activities
- Discuss importance of self-space and safety
- Spatial awareness

General Space: safe movement regarding location (self and others), direction, levels, pathways, speed

- Perform locomotor movements in general space
- Discuss and practice levels, pathways, and speed
- Participate safely in a variety of games

Body Awareness: relationship of body parts moving safely with others

- Body control
- Performing specific movements

**ANCHOR VOCABULARY:**

**ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):**

- Teacher observation
- Student participation
- Class discussion

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):**

**DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)**

Modify exercises so all students can participate

- Moving at a slower pace
- Give options for exercises/locomotor skills
- Different levels of challenge
- Modify rules and equipment

**RESOURCES (Websites, Blogs, Videos, Whiteboard Resources, etc.):**

Marathon Kids  
American Heart Association  
Various PE Websites

**RESOURCE SPECIFIC VOCABULARY:**