

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	
COURSE: Physical Education 7	GRADE/S: 7
UNIT 4: Manipulative Skills	TIME FRAME: Year-round
PA COMMON CORE/NATIONAL STANDARDS:	
10.4.9 A, D, E, F 10.5.9 A, C, E, F	
UNIT OBJECTIVES (SWBATS):	
<ul style="list-style-type: none"> • 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. (A) • Students will be able to analyze factors that affect physical activity preferences of adolescents. (D) • Students will be able to analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. (E) • Students will be able to analyze the effects of positive and negative interactions of adolescent group members in physical activities. (F) • Students will be able to describe and apply the components of skill-related fitness to movement performance. (A) • Students will be able to identify and apply practice strategies for skill improvement. (C) • Students will be able to analyze and apply scientific and biomechanical principles to complex movements. (E) • Students will be able to describe and apply game strategies to complex games and physical activities. (F) 	
INSTRUCTIONAL STRATEGIES/ACTIVITIES:	
<p>Exploration</p> <ul style="list-style-type: none"> • Around, over, under • Moving the ball with different body parts • Different levels (low, medium, high) <p>Tossing</p> <ul style="list-style-type: none"> • Self-toss (hand under the ball, toss lightly above head, keep eyes on the object, catch with two hands) • Partner toss <p>Throwing and catching a variety of objects</p> <ul style="list-style-type: none"> • Underhand throw (swing, step, toss) with opposite foot • Overhand throw (sideways to target, object by ear, eyes on target, step, and throw) • Catching (face partner, eyes on the object, ready hands, eyes follow the object to hands) <p>Rolling</p> <ul style="list-style-type: none"> • Bend at knee, hand position, step with opposite foot, swing, release/follow through <p>Dribbling</p>	

- Hand Dribble: Hand, fingers, push ball (don't slap), waist-high / moving and dribbling (keep eyes forward)
- Foot Dribble: foot tap (inside/outside/laces/bottom of the foot)

Kicking

- Stationary Ball
- Rolling ball
- Plant opposite foot, swing, follow through
- Kicking at a target

Trapping

- Keep on eyes on ball, lift foot, stop ball under, or side of the foot

Striking

- With hand
- With implement (bat, racquet, stick, noodle)
- Stationary objects
- Moving objects
- Pitched ball

Small Sided Team Games:

- Soccer
- Flag Football
- Tennis & Various Raquet Sports
- Frisbee
- Kickball
- Basketball
- Volleyball
- Floor Hockey
- Softball

ANCHOR VOCABULARY:

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

- Teacher observation
- Student participation

EVIDENCE OF MASTERY/Cut Score (Keystone Exam):

Students will demonstrate an understanding of various manipulative skills through performance of individual/partner practice, small sided and lead up games.

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
- Different equipment (softer, larger, brighter, lighter as needed)

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

Marathon Kids
Various PE Websites

RESOURCE SPECIFIC VOCABULARY: