



**Gasconade R-2**  
**Objective Course Curriculum Report for: 7 PE -**  
**Seventh Grade**

*Generated on 11/23/2015*

Name

7 PE Objective 1

Unit Objective

Objective 1:

Develop the knowledge of specific strength programs that will meet individuals needs.

A. Proper warm-up and cool down exercises.

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Assessment Methods

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Objective used to assess students

Formative Assessment Activities

Presidential Physical Fitness Testing.

Partner and Self-Assessment.

Depth of Knowledge

Learning Activity

Dynamic warm-up: Loose skips (w/ arm circles), backward skips, forward/backward/side lunges, toy soldiers, scorpions, fire hydrants, over and under the fence, Frankenstein runs, etc. Also included are agility ladders, hurdle drills, and medicine ball activities.

Cool Down: Static stretches - arm stretches, figure four leg stretch, secretary stretch, butterfly stretch, raised secretary stretch, calf stretch.

Fitness Stations

Fitness Testing

Research-based Instructional Strategies

The teacher will: Model correct technique in dynamic and static stretching; allow for guided practice, independent practice; administer conferencing and physical fitness testing.

Supporting Resources

Presidential Fitness Testing: <http://www.presidentschallenge.org/>

Correction Exercise

Enrichment Exercise for Accelerated Learners

Remediation for Struggling Learners

English Language Learner

District Defined

Objective is A+

Missouri School Improvement Program

Show-Me Standards

Code	Subject	Grade	Standard	Goal
1	Health/Physical Education	Grades: K-12	structures of, functions of, and relationships among human body systems	
4.7	Knowledge Standards	Grades: K-12	Students in Missouri public schools will acquire the knowledge and skills to make decisions and act as responsible members of society.	Identify and apply practices that preserve and enhance the safety and health of self and others

Grade and Course Level Standards

Common Core Standards

Version

1

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7 PE Objective 2

Unit Objective

Objective 2:

Demonstrate good sportsmanship and concepts of team play.

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Assessment Methods

Essential Questions

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Objective used to assess students

## Formative Assessment Activities

Writing prompt What is Sportsmanship? After reading the article "What is Sportsmanship" write a paragraph that defines and explains sportsmanship. Support your discussion with evidence from the text. What conclusions can you draw about the importance of sportsmanship.

## Depth of Knowledge

### Learning Activity

Picking teams

Relay games

Game play - various activities, i.e. soccer, basketball, whiffle ball, lead-up games.

### Research-based Instructional Strategies

The teacher will: Model correct sportsmanship practices, as well as discuss them before starting lead-up games and activities; correct any examples of poor sportsmanship; give out handouts of case studies or examples of good sportsmanship; put up posters/bulletin boards containing examples of good sportsmanship.

### Supporting Resources

P.E. Central: [www.pecentral.com](http://www.pecentral.com)

Quality Lesson Plans for Secondary Education , Zakrajsek, et. al. 2nd Edition

### Correction Exercise

### Enrichment Exercise for Accelerated Learners

### Remediation for Struggling Learners

### English Language Learner

District Defined

Objective is A+

Missouri School Improvement Program

Show-Me Standards

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4.6	Knowledge Standards	Grades: K-12	Students in Missouri public schools will acquire the knowledge and skills to make decisions and act as responsible members of society.	Identify tasks that require a coordinated effort and work with others to complete those tasks

Grade and Course Level Standards

Common Core Standards

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7 PE Objective 3

Unit Objective

Objective 3:

Explain, demonstrate, and apply techniques to play team sports.

A. Learn the rules, terminology, and scoring used in softball that will allow for better participation.

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Objective used to assess students

Formative Assessment Activities

Observation Checklist

Performance Test

Skill Checklist

Written Test

## Depth of Knowledge

## Learning Activity

Regular Games  
Throwing overhand  
Catching - Throws, Ground Balls, and Fly Balls  
Fielding  
Base Running  
Batting - Grip, Swing, and Stance  
Position  
Basic Rules  
Terminology

A. Handout and discuss rules, terminology, strategy. Also demonstrate player position.

## Research-based Instructional Strategies

The teacher will: Model correct technique in offensive skills, defensive skills, and strategy; allow for guided practice, independent practice and self-assessment activities; conduct conferencing, skills test, performance test, observation checklists, and written tests.

## Supporting Resources

P.E. Central: [www.pecentral](http://www.pecentral.com)

Quality Lesson Plans for Secondary Physical Education , Zakrajsek, et. al. 2nd Edition.

Teaching Unit Plans: <http://www.pelinks4u.org/links/unitplans.htm>

Tournament Scheduling Done Easy

Resources for Better School: Academic Learning Packets - Physical Education. Volume 1 - Advantage Press

## Correction Exercise

Enrichment Exercise for Accelerated Learners

Remediation for Struggling Learners

English Language Learner

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Objective is A+

Missouri School Improvement Program

Show-Me Standards

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4	Health/Physical Education	Grades: K-12	principles of movement and physical fitness	
4.6	Knowledge Standards	Grades: K-12	Students in Missouri public schools will acquire the knowledge and skills to make decisions and act as responsible members of society.	Identify tasks that require a coordinated effort and work with others to complete those tasks

Grade and Course Level Standards

Common Core Standards

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7 PE Objective 4

Unit Objective

Objective 4:

Explain, demonstrate, and apply techniques to play team sports.

A. Learn the rules, terminology, and scoring used in basketball that will allow for better participation.

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### Formative Assessment Activities

Performance Test

Skill Checklist

Observation Checklist

Written Test

### Depth of Knowledge

### Learning Activity

Dribbling - right and left hands - walk, jog, speed, and power dribbles.

Passing - chest, bounce, and overhead passes.

Shooting - lay-up, free throw, jump shot, and set shot.

Shooting and Dribble knockout games, halo passing (monkey in the middle), station work, 3 point contest, king court, low goal game play.

### Research-based Instructional Strategies

Teacher will demonstrate the correct skills; allow for independent and guided practice; and game play situations.

### Supporting Resources

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7 PE Objective 5

Unit Objective

Objective 5:

Explain, demonstrate, and apply techniques to play team sports.

A. Learn the rules, terminology, and scoring used in soccer that will allow for better participation.

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Formative Assessment Activities

Observation Checklist.

Performance Test

Skill Checklist

Written Test

## Depth of Knowledge

## Learning Activity

Station Work - dribbling, passing, trapping, scoring, penalty kicks, goal kicks, corner kicks, etc. Modified Games Line Soccer Game-play

## Research-based Instructional Strategies

The teacher will: Model correct technique in offensive and defensive skills, defensive skills, and strategy; allow for guided and independent practice; and self-assessment activities.

## Supporting Resources

P.E. Central: [www .pecentral.com](http://www.pecentral.com)

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7 PE Objective 6

Unit Objective

Objective 6:

Explain, demonstrate, and apply techniques to play team sports.

A. Learn the rules, terminology, and scoring used in kickball that will allow for better participation.

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Observation Checklist

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Skill Checklist

Written Test

Depth of Knowledge

Learning Activity

Kicking, Throwing, Catching, Base running, rules, strategy, player positions, and boundaries.

Regular game play - with baselines and without baselines (fouls are okay)

6 Base Kickball - lead up game.

### Research-based Instructional Strategies

The teacher will: Model correct technique in offensive and defensive skills and strategy; allow for guided practice; independent practice; self-assessment activities; conferencing; skills test; performance test; written test.

### Supporting Resources

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Resources for Better School: Academic Learning Packets - Physical Education. Volume 1. Advantage Press.

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7 PE Objective 7

Unit Objective

Objective 7:

Explain, demonstrate, and apply techniques to play team sports.

A. Learn the rules, terminology, and scoring used in whiffle ball that will allow for better participation.

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Formative Assessment Activities

Observation Checklist

Performance Checklist

Skill Checklist

Written Test

Depth of Knowledge

Learning Activity

Hitting - off of tee, soft toss, underhand, and overhand.

Catching

Throwing - proper stance and technique

Baserunning

Rules

Playing field

Players and Positions

A. Handout and discuss; rules, terminology, and strategy.

### Research-based Instructional Strategies

The teacher will: Model correct technique in offensive skills, defensive skills, and strategy; allow for guided practice, independent practice, and self-assessment activities.

### Supporting Resources

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7 PE Objective 8

Unit Objective

Objective 8:

Explain, demonstrate, and apply techniques to play team sports.

A. Learn the rules, terminology, and scoring used in volleyball that will allow for better participation.

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### Formative Assessment Activities

Observation Checklist

Performance Checklist

Skill Checklist

Written Test

### Depth of Knowledge

### Learning Activity

Group Work - set, bump, spike practice  
Modified Beach Ball games  
Rules  
Court Diagrams  
Safety Procedures  
Game Procedures  
History

### Research-based Instructional Strategies

The teacher will: Model correct technique in offensive skills, defensive skills, and strategy; allow for guided practice, independent practice, and self-assessment activities.

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## Grade and Course Level Standards

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7 PE Objective 9

Unit Objective

Objective 9:

Explain, demonstrate, and apply proper techniques to the Presidential Physical Fitness Test.

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Formative Assessment Activities

For preparation - a participation checklist will be used. For Presidential Fitness Test - testing requirements will be followed and results will be compared to the standards set by the test.

Depth of Knowledge

15:00 minutes in the mile.

Learning Activity

Practice the sit-ups, push-ups, pull-ups, and flexibility stretches. Perform the following; mile run, v-stretch, shuttle run, push-ups, and curl-ups.

Research-based Instructional Strategies

Teacher will model correct technique for each of the tests; Give time prior to the test to complete guided and independent practice.

## Supporting Resources

Presidential Fitness Testing: <http://www.presidentschallenge.org/>

## Correction Exercise

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7 PE Objective 10

Unit Objective

Objective 10:

Explain, demonstrate, and apply techniques to play modified games and activities.

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Assessment Methods

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Objective used to assess students

Formative Assessment Activities

Observation Checklist

Depth of Knowledge

Learning Activity

Glide Ball - basketball shooting game with volleyball.  
Ultimate Football  
Ultimate Frisbee  
Broom Ball  
Dodge Ball  
Crab Soccer  
Pickle Ball

### Research-based Instructional Strategies

The teacher will: model correct technique in offensive skills, defensive skills, and strategy; will allow for guided practice, independent practice, and self-assessment activities; will administer observation checklists, skills checklists, skills tests, and written tests.

### Supporting Resources

P.E. Central: [www.pecentral](http://www.pecentral.com)

Tournament Scheduling Done Easy

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