

## WARREN COUNTY SCHOOL DISTRICT

### PLANNED INSTRUCTION

#### **COURSE DESCRIPTION**

**Course Title:** Middle School Physical Education

**Course Number:** 10601

**Course Prerequisites:** None

**Course Description:** See Attachment

**Suggested Grade Level:** Grades 6-8

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**  
CSPG 47

To find the CSPG information, go to <https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx>

**Certification verified by the WCSD Human Resources Department:** ☒ Yes ☐ No

#### **WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

☒ F – Final Average ☒ MP – Marking Period ☐ EXM – Final Exam

**GPA Type:** ☐ GPAEL-GPA Elementary ☒ GPAML-GPA for Middle Level ☐ NHS-National Honor Society  
☐ UGPA-Non-Weighted Grade Point Average ☐ GPA-Weighted Grade Point Average

**State Course Code:** 08001

To find the State Course Code, go to <https://nces.ed.gov/forum/sced.asp>, download the Excel file for SCED, click on SCED 6.0 tab, and chose the correct code that corresponds with the course.

#### **TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Supplemental Materials:** Accelerate Education (Virtual Academy)

#### **Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 9/19/2019

**Date Approved:** 11/4/2019

**Implementation Year:** 19-20

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#### **SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

#### **ASSESSMENTS**

**PSSA Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Lesson quizzes, projects, discussion boards, and module exams

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Semester exams

**Course Description: Individual and Team Sports**

Module	Lesson Title	Objectives
1	Introduction to Physical Education	<ul style="list-style-type: none"><li>• Define physical education, nutrition, and sports injury terminology.</li><li>• Discuss the purpose of physical education.</li><li>• Describe the stages of physical activity.</li><li>• List rules related to training and conditioning.</li></ul>
	Sports Nutrition	<ul style="list-style-type: none"><li>• Describe and track personal eating habits and how they impact physical activity.</li></ul>
	Preventing Injuries	<ul style="list-style-type: none"><li>• List rules related to training and conditioning.</li><li>• Define sportsmanship.</li><li>• Explain the “don’t rule” of training.</li></ul>
	Archery	<ul style="list-style-type: none"><li>• Define archery terms.</li><li>• List the criteria for selecting arrows.</li><li>• Identify the parts of the arrow.</li><li>• Identify the parts of the bow.</li></ul>

Module	Lesson Title	Objectives
1	Archery Competition	<ul style="list-style-type: none"> <li>Describe the steps involved when shooting a bow and arrow.</li> <li>Identify the color and point value of a target.</li> <li>Discuss the proper way to remove an arrow from a target.</li> </ul>
	Archery Safety	<ul style="list-style-type: none"> <li>Identify proper safety procedures related to the sport of archery.</li> </ul>
2	Bicycling Basics	<ul style="list-style-type: none"> <li>Define bicycling terms.</li> <li>List guidelines for selecting a bicycle helmet.</li> <li>Explain what type of equipment is required to ride a bike safely.</li> <li>Discuss bicycling maintenance checks.</li> </ul>
	Bicycling Fitness	<ul style="list-style-type: none"> <li>Define bicycling terms.</li> <li>Describe proper hand signals.</li> <li>Explain how bicycling builds fitness.</li> <li>List basic training skills for bicycling.</li> <li>List the rules of the road for bicyclists.</li> <li>Describe a bike ride.</li> </ul>
	Golf Basics	<ul style="list-style-type: none"> <li>Identify golf terms.</li> <li>Describe golf equipment and the uses for each club.</li> <li>Explain stroke play.</li> <li>Identify various parts of a golf course.</li> <li>Discuss the popularity of golf.</li> </ul>

Module	Lesson Title	Objectives
2	Golf Rules	<ul style="list-style-type: none"> <li>• Identify golf terms.</li> <li>• List the rules of golf.</li> <li>• List the safety and etiquette rules of golf.</li> </ul>
	Golf Skills and Techniques	<ul style="list-style-type: none"> <li>• Identify golf terms.</li> <li>• List the safety and etiquette rules of golf.</li> <li>• Describe the stances in golf.</li> <li>• Describe golf grips.</li> </ul>
3	Alpine Skiing Basics and Equipment	<ul style="list-style-type: none"> <li>• Define skiing terms.</li> <li>• Label ski equipment.</li> <li>• Discuss guidelines for selecting proper ski boots.</li> <li>• List the safety and etiquette rules of skiing.</li> <li>• Explain how to condition yourself for skiing.</li> </ul>
	Alpine Skiing Skills and Techniques	<ul style="list-style-type: none"> <li>• Define skiing terms.</li> <li>• List ways to avoid injury when falling.</li> <li>• Explain the steps one needs to take in order to get up after falling.</li> <li>• Explain skiing skills and techniques.</li> </ul>
	Tennis Basics	<ul style="list-style-type: none"> <li>• Define tennis terms.</li> <li>• Identify the parts of the tennis racquet.</li> <li>• Explain how to select a tennis racquet.</li> <li>• Explain how to score in tennis.</li> </ul>

Module	Lesson Title	Objectives
3	Tennis Court, Scoring, and Rules	<ul style="list-style-type: none"> <li>• Define tennis terms.</li> <li>• Explain the rules of tennis.</li> <li>• Explain how to score in tennis.</li> </ul>
	Tennis Techniques	<ul style="list-style-type: none"> <li>• Define tennis terms.</li> <li>• Discuss tennis etiquette.</li> <li>• Identify the different types of strokes used in tennis.</li> <li>• Evaluate given scenarios and determine the strategies or techniques that one would use in each situation.</li> </ul>
4	Volleyball Basics	<ul style="list-style-type: none"> <li>• Define volleyball terminology.</li> <li>• List the rules used in volleyball.</li> <li>• Explain the rotation system.</li> </ul>
	Volleyball Skills and Techniques	<ul style="list-style-type: none"> <li>• Define volleyball terminology.</li> <li>• Discuss how volleyball contributes to physical fitness.</li> <li>• Describe some techniques used when playing volleyball.</li> <li>• List safety tips used in volleyball.</li> </ul>
	Baseball Basics	<ul style="list-style-type: none"> <li>• Identify baseball terminology.</li> <li>• Describe the different player positions.</li> <li>• Explain what the All-Star game is.</li> <li>• Clarify how playoff series work.</li> </ul>

Module	Lesson Title	Objectives
4	Baseball Players, Positions, and Rules	<ul style="list-style-type: none"> <li>• Identify baseball terminology.</li> <li>• Describe the different player positions.</li> <li>• Clarify baseball rules.</li> <li>• Understand umpire signals.</li> <li>• Explain what a designated hitter is.</li> <li>• Describe proper batting technique.</li> <li>• Explain the infield fly rule.</li> </ul>
5	Basketball Basics	<ul style="list-style-type: none"> <li>• Identify basketball terms.</li> <li>• List player positions and their responsibilities.</li> <li>• Clarify basketball rules.</li> <li>• Identify official signals.</li> </ul>
	Basketball Tips and Techniques	<ul style="list-style-type: none"> <li>• Identify basketball terms.</li> <li>• Explain tips for playing good basketball.</li> <li>• Explain components of playing defense.</li> <li>• Debate reasons for raising the height of the basket.</li> </ul>
	Football Basics	<ul style="list-style-type: none"> <li>• Identify football terms.</li> <li>• Name the NFL conferences.</li> </ul>
	Football Positions and Play	<ul style="list-style-type: none"> <li>• Identify football terms.</li> <li>• Explain football violations.</li> <li>• Name the units of defense and state their duties</li> <li>• Identify player positions.</li> </ul>

Module	Lesson Title	Objectives
5	Football Skills and Techniques	<ul style="list-style-type: none"> <li>Identify football terms.</li> <li>Explain the scoring procedure.</li> <li>Identify the different types of officials who referee a game.</li> <li>Explain how football can be training for a more productive life.</li> </ul>
6	Ice Hockey Basics and Skills	<ul style="list-style-type: none"> <li>Identify hockey terms.</li> <li>Describe the starting lineup of a hockey team.</li> <li>Identify hockey zones.</li> <li>Label a hockey rink.</li> <li>List safety precautions one must take when playing hockey.</li> </ul>
	Ice Hockey Penalties and Fouls	<ul style="list-style-type: none"> <li>Identify hockey terms.</li> <li>Explain a penalty shot.</li> <li>Describe a power play.</li> <li>List safety precautions one must take when playing hockey.</li> </ul>
	Soccer Basics	<ul style="list-style-type: none"> <li>Identify soccer terms.</li> <li>Explain soccer skills.</li> <li>Identify rules of soccer.</li> <li>Label a soccer field.</li> </ul>
	Soccer Fouls and Restarts	<ul style="list-style-type: none"> <li>Identify soccer terms.</li> <li>Identify rules of soccer.</li> <li>Explain how to prepare for a soccer game.</li> <li>Discuss if soccer is a game girls and boys can play together.</li> </ul>