

WARREN COUNTY SCHOOL DISTRICT
PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Physical Education 6

Course Number: 00602

Course Prerequisites: Physical Education 4-5

Course Description: (Include “no final exam” or “final exam required”)

Physical Education 6 is a continuation of motor skills with sport applications. The students will further develop an awareness of the value and benefit of physical fitness in maintaining a healthy lifestyle. There is no final exam.

Suggested Grade Level: Grade 6

Length of Course: One Semester Two Semesters X Other

(Describe) Currently once per week throughout the school year.

Units of Credit: None (Insert NONE if appropriate.)

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certification(s)

(Insert certificate title and CSPG#) Health and Physical Education or Physical Education

Certification verified by WCSD Human Resources Department:

 X Yes No

Board Approved Textbooks, Software, Materials: Not applicable

Title:

Publisher:

ISBN #:

Copyright Date:

Date of WCSD Board Approval:

BOARD APPROVAL:

Date Written: June 10, 2010

Date Approved: _____

Implementation Year: 2011-2012

Suggested Supplemental Materials: (List or insert None) None

Course Standards

PA Academic Standards: (List by Number and Description)

10.3 – Safety and Injury Prevention

10.4 – Physical Activity

10.5 – Concepts, Principles, and Strategies of Movement

WCSD Academic Standards: (List or None)

None

Industry or Other Standards: (List, Identify Source or None)

None

SPECIAL EDUCATION AND GIFTED REQUIREMENTS

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

SPECIFIC EDUCATIONAL OBJECTIVES/CORRESPONDING STANDARDS AND ELIGIBLE CONTENT WHERE APPLICABLE

(List Objectives, PA Standards #'s, Other Standards (see samples at end))

PA Standard: 10.3.6 Safety and Injury Prevention

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Explain and apply safe practices in the home, school, and community.			Teacher observation
C.	Describe strategies to avoid or manage conflict and violence.			

PA Standard: 10.4.6 Physical Activity

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.			Physical fitness tests; Observation; Heart rate monitoring; Skills tests
B.	Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.			
C.	Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.			
D.	Describe factors that affect childhood physical activity preferences.			
E.	Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.			
F.	Identify and describe positive and negative interactions of group members in physical activities.			

PA Standard: 10.5.6 Concepts, Principles, and Strategies of Movement

X – performance assessed during that semester

	Performance Indicators	1	2	Assessment
A.	Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.			Teacher observation; Skills testing
B.	Identify and apply the concepts of motor skill development to a variety of basic skills.			
C.	Describe the relationship between practice and skill development.			
D.	Describe and apply the principles of exercise to the components of health-related and skill-related fitness.			
F.	Identify and apply game strategies to basic games and physical activities.			

ASSESSMENTS

PSSA Assessment Anchors Addressed: The teacher must be knowledgeable of the PDE Assessment Anchors and/or Eligible Content and incorporate them into this planned instruction. Current assessment anchors can be found at pde@state.pa.us.

Formative Assessments: The teacher will develop and use standards-based assessments throughout the course.

Portfolio Assessment: _____ Yes X No

District-wide Final Examination Required: _____ Yes X No

Course Challenge Assessment (Describe):

REQUIRED COURSE SEQUENCE AND TIMELINE

(Content must be tied to objectives)

Content Sequence	Dates
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Objectives:

- Identify and use safe practices in a physical activity setting, i.e. Proper equipment, war up, stretching, cool down.
- Engage in activities that are developmentally appropriate.
- Modified skills, activities, games, and equipment progression
- Demonstrate positive interaction.
- Demonstrate teamwork skills of leading and following.
- Rules, regulations, and safety procedures
- Incorporate strategies and knowledge of games, i.e., positions, offense vs. defense.

TEAM SPORTS

Basketball
 Soccer
 Volleyball
 Team Handball
 Football
 Softball
 Floor Hockey

INDIVIDUAL/DUAL SPORTS

Badminton
 Racquet Sports
 Table Tennis
 Frisbee Golf
 Track and Field
 Bowling
 Tumbling

RECREATIONAL SPORTS

Ultimate Frisbee
 Kickball/Variations
 Softball Activities
 Cage Ball Activities
 Bocce Ball
 Dance
 Cooperative Activities
 Structured Games
 Team Building
 Orienteering

LIFETIME CONDITIONING

Circuit Training Activities
 Run / Walk / Jog
 Jump Rope / Roping Activities
 Aerobics
 Bands

WRITING TEAM: Martha Asp, Darlene Beach, Kristopher Black, Holly Burt, Caryn Chew, Ronda Darling, Shannon Linkerhof, Jeff Manelick, Kay McKinney, Michele Johnson, Amy Morrison, Kimberly Nelson, Richard Nowacki, Steven Onuffer, Jeffrey Passaro, Michele Petrishen.

WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? _____ Yes X No
2. Does this course issue a mark/grade for the report card? _____ Yes X No
3. Does this course issue a Pass/Fail mark? X Yes _____ No
4. Is the course mark/grade part of the GPA calculation? _____ Yes X No
5. Is the course eligible for Honor Roll calculation? _____ Yes X No
6. What is the academic weight of the course?
 X No weight/Non credit _____ Standard weight
_____ Enhanced weight (Describe)