

**WARREN COUNTY SCHOOL DISTRICT**  
**PLANNED INSTRUCTION**

**COURSE DESCRIPTION**

**Course Title:** Physical Education 7

**Course Number:** 00604

**Course Prerequisites:** Physical Education 6

**Course Description:** (Include “no final exam” or “final exam required”)  
Physical Education 7 provides students with the knowledge and skills to develop team/individual strategies. The students will further develop an awareness of the value and benefit of physical fitness in maintaining a healthy lifestyle. No final exam.

**Suggested Grade Level:** Grade 7

**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: 10.3.9 Safety and Injury Prevention**

X – performance assessed during that semester

	<b>Performance Indicators</b>	<b>1</b>	<b>2</b>	<b>Assessment</b>
A.	Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community..			Teacher observation
C.	Analyze and apply strategies to avoid or manage conflict and violence during adolescence.			

**PA Standard: 10.4.9 Physical Activity**

X – performance assessed during that semester

	<b>Performance Indicators</b>	<b>1</b>	<b>2</b>	<b>Assessment</b>
A.	Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.			Physical fitness tests
B.	Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.			
C.	Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.			
D.	Analyze factors that affect physical activity preferences of adolescents.			
E.	Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.			
F.	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.			

**PA Standard: 10.5.9 Concepts, Principles, and Strategies of Movement**

X – performance assessed during that semester

	<b>Performance Indicators</b>	<b>1</b>	<b>2</b>	<b>Assessment</b>
A.	Describe and apply the components of skill-related fitness to movement performance.			Teacher observation; Skills testing
B.	Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.			
C.	Identify and apply practice strategies for skill improvement.			
F.	Describe and apply game strategies to complex 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](http://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:

- Analyze the role of individual responsibility for safety during physical activity.
- Engage in activities that are developmentally appropriate that contribute to physical fitness and health.
- Skills, activities, games, and equipment progression
- Demonstrate positive interaction.
- Demonstrate teamwork skills of leading and following.
- Identify and demonstrate the rules, regulations, and safety procedures.
- Enhanced strategies and knowledge of games

### 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)