**COURSE DESCRIPTION**

**Course Title:** Physical Education 7

**Course Number:** 00604

**Course Prerequisites:** None

**Course Description:** Grade 7 continues the development of team and individual sport strategies as well as game concepts and rules of play introduced in Grade 6. The student will recognize the value and benefit of physical fitness in maintaining a healthy lifestyle. Students will participate in 9 weeks of health education opposite of 9 weeks of Physical Education. Students will complete WCSD Fitness Testing.

**Suggested Grade Level**: Grade 7

**Length of Course:** One Nine-Week Marking Period

**Units of Credit:** .25

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

CSPG 47

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

**Certification verified by the WCSD Human Resources Department:** [x] Yes [ ] No

**WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

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

[x] F – Final Average [x] MP – Marking Period [ ] EXM – Final Exam

**GPA Type**: [ ]  GPAEL-GPA Elementary [x]  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 [State Course Code](https://nces.ed.gov/forum/sced.asp), download the Excel file for *SCED*, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Board Approved Textbooks, Software, and Materials:**

**Title:**  NA

**Publisher:** NA

**ISBN #:**  NA

**Copyright Date:** NA

**WCSD Board Approval Date:** NA

**Supplemental Materials:** NA

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 1/31/2024

**Date Approved:**  6/10/2024

**Implementation Year:** 2024-2025

**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).

**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball, Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Kickball/Variations, Structured Games

***Individual/Dual Sports:*** Track & Field, Racquet Sports, Cooperative Activities, Conditioning/Fitness Activities

**Marking Period 2**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball, Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Kickball/Variations, Structured Games

***Individual/Dual Sports:*** Track & Field, Racquet Sports, Cooperative Activities, Conditioning/Fitness Activities

**Marking Period 3**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball, Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Kickball/Variations, Structured Games

***Individual/Dual Sports:*** Track & Field, Racquet Sports, Cooperative Activities, Conditioning/Fitness Activities

**Marking Period 4**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball, Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Kickball/Variations, Structured Games

***Individual/Dual Sports:*** Track & Field, Racquet Sports, Cooperative Activities, Conditioning/Fitness Activities

**Standards/Eligible Content and Skills**

|  |  |  |
| --- | --- | --- |
| **Performance Indicator**  | **PA Core Standard and/or Eligible Content**  | **Marking Period Taught**  |
| Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals. | 10.4.9.A | All |
| Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement. (stress management/disease prevention/weight management) | 10.4.9.B | All |
| Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. (exercise (e.g., climate, altitude, location, temperature)/healthy fitness zone/individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)/drug/substance use/abuse) | 10.4.9.C  | All |
| Analyze factors that affect physical activity preferences of adolescents. (skill competence/social benefits/previous experience/activity confidence) | 10.4.9.D  | All |
| Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. (personal choice/developmental differences/amount of physical activity/authentic practice) | 10.4.9.E  | All |
| Analyze the effects of positive and negative interactions of adolescent group members in physical activities. (group dynamics/social pressure) | 10.4.9.F | All |
| Describe and apply the components of skill-related fitness to movement performance. (agility/balance/coordination/power/reaction time/speed) | 10.5.9.A  | All |
| Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. (response selection/stages of learning a motor skill (i.e. verbal cognitive, motor, automatic)/types of skill (i.e. discrete, serial, continuous) | 10.5.9.B | All |
| Identify and apply practice strategies for skill improvement. | 10.5.9.C  | All |
| Identify and describe the principles of training using appropriate vocabulary. (specificity/overload/progression/aerobic/anaerobic/circuit/interval/repetition/set) | 10.5.9.D  | All |
| Analyze and apply scientific and biomechanical principles to complex movements. (centripetal/centrifugal force/linear motion/rotary motion/friction/resistance/equilibrium/number of moving segments) | 10.5.9.E  | All |
| Describe and apply game strategies to complex games and physical activities. (offensive strategies/defensive strategies/time management) | 10.5.9.F  | All |
| Analyze the role of individual responsibility for safety during organized group activities. | 10.3.9.D  | All |

**ASSESSMENTS**

**PDE 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:** Class Participation, POD’s, Teacher Observation, Fitness Testing, Participation, Sportsmanship, Preparation (Proper Fitness Attire)

**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:** Participation, Sportsmanship, Preparation