

## WARREN COUNTY SCHOOL DISTRICT

### PLANNED INSTRUCTION

#### **COURSE DESCRIPTION**

**Course Title:** Middle Level Adapted Physical Education

**Course Number:** 00621

**Course Prerequisites:** None

**Course Description:** Grade 5-8 Adapted Physical Education begins to further develop team, dual, individual, and recreational sport strategies with a focus on concepts and rules of play. Students will recognize the value and benefits of physical fitness and its importance in regard to maintaining a healthy lifestyle. Students will complete the WCSD Modified Fitness Test.

**Suggested Grade Level:** Grade 6

**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 [CSPG](#)

**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 [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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**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:** 11/6/2019

**Date Approved:** 2/10/2020

**Implementation Year:** 2020/2021

**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).

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**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball

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

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

**Marking Period 2**

***Team Sports:*** Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Structured Games

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

**Marking Period 3**

***Team Sports:*** Basketball, Floor Hockey, Team Handball

***Recreational Sports:*** Bowling, Structured Games

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

**Marking Period 4**

***Team Sports:*** Soccer, Volleyball, Football, Ultimate Frisbee/Disc, Whiffle Ball

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

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

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PLANNED INSTRUCTION

**Standards/Eligible Content and Skills**

<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Marking Period Taught</b>
Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.	10.4.6 Physical Activity	MP 1 & 4 MP 2 & 3
Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.	10.4.6 Physical Activity	MP 1 & 4 MP 2 & 3
Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.	10.4.6 Physical Activity	MP 1 & 4 MP 2 & 3
Describe factors that affect childhood physical activity preferences.	10.4.6 Physical Activity	MP 1 & 4 MP 2 & 3
Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.	10.4.6 Physical Activity	MP 1 & 4 MP 2 & 3
Identify and describe positive and negative interactions of group members in physical activities.	10.4.6 Physical Activity	MP 1 & 4 MP 2 & 3
Explain and apply the basic movement skills and concepts to create and perform movement sequence and advanced skills.	10.5.6 Concepts, Principle & Strategies of Movement	MP 1 & 4 MP 2 & 3
Identify and apply the concepts of motor skill development to a variety of basic skills.	10.5.6 Concepts, Principle & Strategies of Movement	MP 1 & 4 MP 2 & 3
Describe the relationship between practice and skill development.	10.5.6 Concepts, Principle & Strategies of Movement	MP 1 & 4 MP 2 & 3
Describe and apply the principles of exercise to the components of health related and skill-related fitness.	10.5.6 Concepts, Principle & Strategies of Movement	MP 1 & 4 MP 2 & 3
Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.	10.5.6 Concepts, Principle & Strategies of Movement	MP 1 & 4 MP 2 & 3
Identify and apply game strategies to basic games and physical activities.	10.5.6 Concepts, Principle & Strategies of Movement	MP 1 & 4 MP 2 & 3
Analyze the role of individual responsibility for safety during physical activity.	10.3.6 Safety & Injury Prevention	MP 1 & 4 MP 2 & 3

## **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:** Skill assessment, teacher observation and Modified Adapted Physical Education Fitness Testing

**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:** Skill assessment and teacher observation