

# Curriculum Unit Template

Taneyville R-II School

2021-2022

**Grade 7**

**Subject: Physical Education Quarter: 1st**

**Unit Title:** August through Mid October

Standards	Vocabulary	Activities/Resources	Formative/Summative Assessments
S3.M1 S3.M6 S3.M7 S3.M8 S3.M9 S3.M10 S3.M11 S3.M12 S3.M13 S3.M15 S3.M17 S3.M18 S4.M7 S5.M1 S5.M6	Warm up Cool down Fitness Time Type Frequency Oxygen Intake Heart Rate Power Agility Balance Muscular Strength Endurance Flexibility Cardiovascular endurance	<a href="https://openphysed.org/curriculum_resources/msfitnessknowledge">https://openphysed.org/curriculum_resources/msfitnessknowledge</a>  Open Pe Fitness Knowledge	<a href="https://openphysed.org/wp-content/uploads/2019/05/M-06-15-FitKNow-StudentSelfAssessment.pdf">https://openphysed.org/wp-content/uploads/2019/05/M-06-15-FitKNow-StudentSelfAssessment.pdf</a>  Self Assessment  <a href="https://openphysed.org/wp-content/uploads/2019/05/M-06-16-FitKNow-HolisticDualPerformanceRubric.pdf">https://openphysed.org/wp-content/uploads/2019/05/M-06-16-FitKNow-HolisticDualPerformanceRubric.pdf</a>  Holistic Performance Rubric  <a href="https://openphysed.org/wp-content/uploads/2019/05/M-06-19-FitKNow-FitnessExitSlips.pdf">https://openphysed.org/wp-content/uploads/2019/05/M-06-19-FitKNow-FitnessExitSlips.pdf</a>  Fitness Knowledge Exit Slip

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S3.M1 S3.M2 S3.M3 S3.M4 S3.M5 S3.M6 S3.M7 S3.M8 S3.M9 S3.M10 S3.M11 S3.M12 S3.M13 S3.M14 S3.M15 S3.M16	Stability Ball Agility Ladder Resistance Bands Hurdles Jump Rope Medicine Balls	GenYouth/Fuel Up to Play 60 Fitness Kit	Teacher Observation
S3.M8 S3.M9 S3.10 S3.M11 S3.M12 S3.M14 S3.M15 S3.M16	Aerobic Capacity Flexibility Upper Body Strength Abdominal Strength	Fitness Gram / Presidential Fitness Challenge	Mile Run Pacer test Sit and reach Push Up, Pull Up or Hang test Sit Up Test

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S1.M22 S1.M24 S2.M9 S3.M5 S4.M1 S4.M2 S4.M3 S4.M4 S4.M6 S4.M7	Stance Bow Hand Set Draw Hand Set Pre Draw Draw Anchor Aim Shot Set Up Release Follow Through Reflect Dominate eye Range Target Score Card Safety Whistle Blast Nock Nock indicator Arrow Rest	National Archery In the School Program Archery	Score Cards and teacher observation
S1.M2 S1.M3 S1.M4 S1.M5 S1.M22 S2.M1 S2.M2 S2.M3 S2.M4	Center Quarterback Line of Scrimmage Passing route Offense Defense Kick Punt Down	Flag Football Fuel Up to Play 69 Middle School Curriculum	Middle School Quiz Teacher Observation

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S2.M5 S2.M6 S4.M6	Throwing Pass Wide receiver Running back Running route defensive back		

**Grade 7**

**Subject: Physical Education**

**Quarter: Second**

**Unit Title:** October 15 through December

Standards	Vocabulary	Activities/Resources	Formative/Summative Assessments
S1.M4 S1.M6 S1.M7 S1.M8 S1.M11 S3.M2	Shoot Dribble Jump shot Free throw Lay up Lane Foul Line	Basketball Open PE <a href="https://openphysed.org/wp-content/uploads/2019/01/M-12-A-Basketball-FullModule.pdf">https://openphysed.org/wp-content/uploads/2019/01/M-12-A-Basketball-FullModule.pdf</a>	Self Assessment <a href="https://openphysed.org/wp-content/uploads/2019/01/M-12-10-Basketball-StudentSelfAssessment.pdf">https://openphysed.org/wp-content/uploads/2019/01/M-12-10-Basketball-StudentSelfAssessment.pdf</a> Holistic Performance Rubric <a href="https://openphysed.org/wp-content/uploads/2019/01/M-12-12-Basketball-HolisticDualPerformanceRubric.pdf">https://openphysed.org/wp-content/uploads/2019/01/M-12-12-Basketball-HolisticDualPerformanceRubric.pdf</a>

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<p>S1.M14</p> <p>S1.M15</p> <p>S1.M16</p> <p>S2.M7</p> <p>S2.M8</p> <p>S2.M9</p>	<p>Forehand</p> <p>Backhand</p> <p>Balance</p> <p>Baseline</p> <p>center line</p> <p>Volley</p> <p>Underhand</p> <p>Control</p> <p>cooperation</p> <p>Defense</p> <p>Direction</p> <p>Doubles</p> <p>Power</p> <p>Droop shot</p> <p>Fair play</p> <p>Fault</p> <p>Serve</p> <p>Return</p> <p>Rally</p> <p>Foot work</p> <p>Kitchen</p> <p>Let</p> <p>Lob</p> <p>shuttlecock</p>	<p>Pickleball /Badminton</p> <p>Open Pe</p> <p><a href="https://openphysed.org/curriculum_resources/ms-pickleball">https://openphysed.org/curriculum_resources/ms-pickleball</a></p>	<p>Self Assessment</p> <p><a href="https://openphysed.org/wp-content/uploads/2020/01/M-10-16-Pickleball-SelfAssessment.pdf">https://openphysed.org/wp-content/uploads/2020/01/M-10-16-Pickleball-SelfAssessment.pdf</a></p>
<p>S3.M11</p>	<p>Time</p> <p>Type</p> <p>Frequency</p> <p>Intensity</p>	<p>Coach D Fitness Warm up/Open Pe</p> <p><a href="https://openphysed.org/wp-content/uploads/2019/05/M-00-03-FitKnow-Activities-01-CoachDsFitnessWarmUp.pdf">https://openphysed.org/wp-content/uploads/2019/05/M-00-03-FitKnow-Activities-01-CoachDsFitnessWarmUp.pdf</a></p>	<p>Teacher Debrief Questions</p>

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S1.M18	Bowling pin Lane Roll Strike spare	Aerobic Bowling <a href="https://www.youtube.com/watch?v=2gw18ukUd_E">https://www.youtube.com/watch?v=2gw18ukUd_E</a>	
		FitnessGram/ Presidential Fitness test ongoing	

**Grade:** 7th PE      **Subject:**      **Quarter:** 3rd Quarter


January through Mid March

Standards	Vocabulary	Activities/Resources	Formative/Summative Assessments
S1.M1 S4.M4 S4.M6 S4.M7 S5.M3 S5.M5 S5.M6	8 count, Backward, Balance, beat, body orientation, call, caller, choreography, clockwise, combination, counter clockwise, clue Culture, dance, direction Gallop, general space, grape vine, high, hop, leap, leader, lyric, pathway, pattern,	Cha Cha Slide PE Central Dances <a href="https://www.pecentral.org/mediacenter/videolessons.html">https://www.pecentral.org/mediacenter/videolessons.html</a> Dance Open PE <a href="https://openphsyed.org/curriculum_resources/ms-dance">https://openphsyed.org/curriculum_resources/ms-dance</a>	Teacher Observation  <a href="https://openphsyed.org/wp-content/uploads/2019/04/M-12-12-Dance-HolisticDualPerformanceRubric.pdf">https://openphsyed.org/wp-content/uploads/2019/04/M-12-12-Dance-HolisticDualPerformanceRubric.pdf</a>

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	personal space, sequence, side step, Slide, swing,tempo		
S1.M21 S5.M5 S5.M6	Attach line Ricochet Face Shot Shagger, Target Sniper , Dip, Dive Dodge	Dodgeball Unit Classic Prison Kings Court Sniper	Teacher Observation
S3.M5 S5.M5 S5.M6		Just Dance Xbox one kinect	Teacher observation
S1.M19 S1.M22 S1.M24 S3.M2 S3.M5 S5.M1 S5.M2	Ringer Horse Shoes Toss Pitching	Horseshoes <a href="https://www.mastersofgames.com/rules/horseshoe-pitching-rules.htm?scriybrk=r=3b40b566">https://www.mastersofgames.com/rules/horseshoe-pitching-rules.htm?scriybrk=r=3b40b566</a>  How to Pitch Horseshoes - Rules...	Teacher observation Scorecards
S1.M19 S1.M20	Kick Kicker Hind Catcher Base person	Kickball <a href="https://www.rulesofsport.com/sports/kickball.html">https://www.rulesofsport.com/sports/kickball.html</a>	Teacher observation

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	Pitcher Foul ball Home run		
S3.M18  S3.M17	Stress, Coping Skills Stressor Distress Dairy, grains, meat and beans, vegetables Fruit	Stress Relief Tag If you are tagged you must name a stress reliever to reenter the game. My Plate Relay Race  Students race to fill in their Plates before the other team.	Teacher Observation  Teacher observation

**Grade Seventh**

**Subject Physical Education**

**Quarter:** 4rd Quarter Mid March through May

Standards	Vocabulary	Activities/Resources	Formative/Summative Assessments
S1.M11 S1.M12 S1.M13 S1.M15 S1.M16 S1.M17	Ace, Antenna, Assist, Attack,bump, set, spike, spiker, dig, bump pass, center line, double hit, forearm pass, held	Volleyball "Sports and recreational activities for Men and Women" pages 388-399	Teacher Observation



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	ball, jump serve, overhand serve		
S3.M2	Challenge	Open PE Take Home Challenge <a href="https://openphysed.org/activeschools/activehome">https://openphysed.org/activeschools/activehome</a>	
S1.M2 S1.M3 S1.M15 S1.M20 S1.M21 S1.M22 S2.M8 S2.M10 S2.M11 S2.M13	Bat, batter, Catcher, double, double play Foul ball, Home, homerun, inning obstruction, out, run, pitch, pitcher, sacrifice, force out	Softball “ Sports and Recreational activities for Men and Women” page 272-284	Teacher Observation
S1.M9 S1.M10 S1.M11	Attacking team, blocking, carrying, defending team, direct free kick, double foul, dribbling, drop ball, drop kick, holding, own goal, passing place kick, punt, throw in, trapping, unnecessary roughness, volley	Soccer “Sports and recreational activities for Men and Women” page 261-271  European Handball <a href="https://cdn.dal.ca/content/dam/dalhousie/pdf/athletics/intramurals/European_Handball.pdf">https://cdn.dal.ca/content/dam/dalhousie/pdf/athletics/intramurals/European_Handball.pdf</a>	Teacher Observation

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<p>S1.M20 S1.M19 S1. M21 S4.M5</p>	<p>Ball control, clear, cover, defender, dribble, fielding, flick, forwards, goal, hit, pass, pressure, push, reverse stick, score, tactics, timing,</p>	<p>Field Hockey “Sports and Recreational Activities for Men and Women” page 91-109 European Handball <a href="https://cdn.dal.ca/content/dam/dalhousie/pdf/athletics/intramurals/European_Handball.pdf">https://cdn.dal.ca/content/dam/dalhousie/pdf/athletics/intramurals/European_Handball.pdf</a><a href="https://">https://</a></p>	<p>Teacher Observation</p>
<p>S3.M8 S3.M9 S3.M10 S3.M11 S3.M12 S3.M13 S3.M14 S3.M15 S3.M16</p>	<p>Aerobic capacity Flexibility Upper body strength Abdominal Strength  BORG rating exertion scale</p>	<p>Presidential Fitness Test  <a href="https://gilmore.gvgsd.us/documents/Info/Forms/Teacher%20Forms/Presidentialchallengetest.pdf">https://gilmore.gvgsd.us/documents/Info/Forms/Teacher%20Forms/Presidentialchallengetest.pdf</a>  Pacer Test  FitnessGram 15-Meter PACER T...</p>	<p>Does student meet the standards of each test.</p>