

WESTSIDE CURRICULUM MAP

Westside Middle School

Teacher: Butts

Grade: 7th

Content: P.E.

Revised Date: 1-6-15 *

| Unit Goal: Kickball | | |
|--|------------------|---|
| Frameworks / CCSS | Content | Skills |
| PEL 2.7.5 | agility power | <i>The student will exhibit appropriate rules and strategies for competition in individual, dual, team, and recreational sports and activities.</i> |
| Activities | | Assessments |
| Regular kickball game 7 base... Big Base 5 team 'Base'ket ball kickball game | | Teacher Observation Performance Exit Ticket Thumbs Up Quick Write |
| | | Resources |
| | | P. E. Central website personal knowledge Workshops |

| Unit Goal: Exercise Stations | | |
|--|--|--|
| Frameworks / CCSS | Content | Skills |
| PEL 2.7.1, 2.7.3, 2.7.4, 2.7.6, 3.7.3, 3.7.4, 3.7.5, 3.7.6 | Muscles: Abdominal, hamstrings, quadriceps, deltoids FITT principle target/resting heart rate muscular endurance | <i>The student will...</i> execute more advanced musculoskeletal techniques of movement necessary to perform a variety of activities practice and refine the sequences of rolling, balance, and weight transfer demonstrating smooth transition select alternative steps for established dance routines integrate academic content into physical activities develop and use physical activities to improve body composition develop flexibility to decrease incidents of injury explore a variety of muscle building activities participate in a nationally recognized health-fitness assessment |
| Activities | Assessments | Resources |
| exercise circuits group stretches (toe touches, mountain climbers, situps, jumping jacks) game stations 1/2 mile walk dance activities literacy/assessment corner | Teacher Observation Performance Exit Ticket Thumbs Up Quick Write | P. E. Central website personal knowledge Workshops |

Unit Goal: Dodging

| Frameworks / CCSS | Content | Skills | |
|--|--|--|--|
| PEL 5.7.1, 5.7.2 | reaction time agility coordination | <i>The student will...</i> accept and respect the decisions made by game officials and other authority figures analyze the role of physical activity in understanding individual differences | |
| Activities | | Assessments | Resources |
| 2 pin dodge overload fitness dodge jailhouse scatterball | | Teacher Observation Performance Exit Ticket Thumbs Up Quick Write | P. E. Central website personal knowledge Workshops |

| Unit Goal: Ultimate Games | | | |
|---|------------------|---|--|
| Frameworks / CCSS | Content | Skills | |
| PEL 4.7.1, 4.7.2 | speed balance | <p><i>The student will...</i></p> <p>compare and contrast individual choice of activity and how it may change throughout life</p> <p>discuss the way environment influences recreational and career choices</p> | |
| Activities | | Assessments | Resources |
| Ultimate Spongeball Ultimate Frisbee Ultimate Football Ultimate Basketball | | Teacher Observation Performance Exit Ticket Thumbs Up Quick Write | P. E. Central website personal knowledge Workshops |

Unit Goal: Chasing/Fleeing Activities

| Frameworks / CCSS | Content | Skills | |
|--|-------------------------------------|---|--|
| PEL 2.7.2, 3.7.1 | dynamic balance cardio endurance | <i>The student will....</i> examine spatial awareness while performing a variety of physical activities participate in individual cardio-respiratory endurance activities | |
| Activities | | Assessments | Resources |
| Planet Invasion Battleship Star Wars Kingball Capture the Flag | | Teacher Observation Performance Exit Ticket Thumbs Up Quick Write | P. E. Central website personal knowledge Workshops |

| Unit Goal: Target Games | | | |
|--|-------------------|---|--|
| Frameworks / CCSS | Content | Skills | |
| PEL 2.7.5 | spatial awareness | <i>The student will....</i> exhibit appropriate rules and strategies for competition in individual, dual, team, and recreational sports and activities | |
| Activities | | Assessments | Resources |
| Pin Defender Hula Hut Throwdown Toxic Blast Tchoukball 4 way volleyball Frisbee Hoop Baseball | | Teacher Observation Performance Exit Ticket Thumbs Up Quick Write | P. E. Central website personal knowledge Workshops |