

WESTSIDE MIDDLE SCHOOL 7TH GRADE P.E. CURRICULUM MAP

Teacher: Moore

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	<i>The student will...</i> compare and contrast individual choice of activity and how it may change throughout life discuss the way environment influences recreational and career choices	
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