



# Sparta Area School District

*Good people, great schools.*

## Course Outcome Summary

### Course Information: 7<sup>th</sup> Grade Physical Education

#### Description:

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

**Instruction Level:** 7<sup>th</sup> Grade

#### Course Standards:

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

#### Units

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1. Fitness (year round)-Standards 3, 4, and 5
2. Adventure Education-Standards 4 and 5
3. Archery-Standards 2, 4, and 5

4. Frisbee-Standards 1 and 2
5. Speedball-Standards 1 and 2
6. Basketball-Standards 1, 2 and 5
7. Badminton-Standards 1 and 2
8. Bowling-Standards 1, 2 and 5
9. Weight Training-Standards 3, 4, and 5
10. Tennis-Standards 1
11. Softball-Standards 1 and 2
12. Backyard Games-Standards 2 and 4

## Unit Outlines

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### 1. Fitness (year round)

#### Essential Question:

Students will be able to answer the question(s):

- What is your target heart rate zone and how do you obtain that?
- From your fitness testing results, how do you write a SMART goal?

#### Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will document their test results and track their growth on their personal growth on Google doc. Students also create SMART goals and Action Plans at beginning of year and reflect on a weekly basis.

### 2. Adventure Education

#### Essential Question:

Students will be able to answer the question(s):

- Why is it important to be able to work with others during physical education class?
- What does adventure education mean to you?

#### Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will be able to demonstrate cooperative and leadership skills while using low ropes course elements. Demonstrate responsible social behavior, respecting themselves and others while finding value in the challenges.

### 3. Archery

#### Essential Question:

Students will be able to answer the question(s):

- What are the essential steps to apply when shooting to better your shot?
- How do you ensure safety protocol is being followed?
- How can you use the string bow to better your shot?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will learn the skill and strategy of shooting following the NASP archery guidelines. To be socially responsible and safe. To value the sport of archery.

**4. Frisbee**

**Essential Question:**

Students will be able to answer the question(s):

- What is best way to throw disc for distance versus short distances?
- How do you apply offensive strategies to game of ultimate Frisbee?
- What is best way to play defense on other team?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate basic throws with ultimate and disc golf. Students will attempt to lower their number of throws to improve disc golf score. Demonstrate strategies with ultimate of maintaining possession, moving, defending. Understanding of basic scoring and vocabulary of disc golf.

**5. Speedball**

**Essential Question:**

Students will be able to answer the question(s):

- How can various lifts help you in game?
- What offense strategies can you use during a game to help your team advance ball?
- What defense strategies can you use during a game to help you defend other team?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate offense spacing, playing man to man defense, and establishing positions in large group games.

## 6. Basketball

### Essential Question:

Students will be able to answer the question(s):

- What safety rules should be followed when playing game of basketball?
- What are the violations in game?
- What is triple threat position?
- How do you demonstrate skills to help you be better in game?
- How do you protect the goal?
- How do you offensively move and cut to get open to score points for team
- How can basketball used as a lifelong activity

### Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate basic skills of basketball -- dribbling, passing, shooting. Demonstrate basic offensive and defensive concepts such as playing man-to-man defense, stopping the ball, and protecting the goal. Offensively moving and cutting to get open and spacing the players. The ability to start a game on your own to show value in basketball as a lifelong activity.

## 7. Badminton

### Essential Question:

Students will be able to answer the question(s):

- How do you use the skills in a game situation to overtake your opponent?
- What strategies do you and your teammate use on the court both for offense and defense?
- What hit is best to use in various situations in game?

### Essential Knowledge:

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate basic skills of badminton: forehand, backhand, underhand, overhand clear shots, drop shots, and smashes. Students will understand spacing and alignment for doubles play, what hit to use and where to hit the birdie.

## 8. Bowling

### Essential Question:

Students will be able to answer the question(s):

- How do you use the arrows in lane to help with aiming?
- What are the steps in order to bowling a ball and how do you demonstrate those steps?
- What are the etiquette procedures at a bowling alley?

- How is bowling a great lifelong activity?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate fundamental bowling skills of hand placement, approach (4-step), release, follow through, utilizing dots and arrows to help with aiming and success, basic scoring and etiquette procedures to be able to go bowling on your own.

**9. Weight Training**

**Essential Question:**

Students will be able to answer the question(s):

- What are the safety procedures and etiquette in the weight room?
- What are exercises lifts for particular muscle groups
- How do you apply FITT principle to weight training?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will follow all safety procedures in the weight room and while performing the lifts. While performing basic lifts students will identify the main muscle groups being used. Students will create a basic workout plan that they could utilize on their own.

**10. Tennis**

**Essential Question:**

Students will be able to answer the question(s):

- How do you demonstrate each of the skills?
- How do you apply various shots in game depending on where opponent is on court?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate basic skills of racquet sports: forehand, backhand, underhand, overhand clear shots, drop shots, and smashes.

**11. Softball**

**Essential Question:**

Students will be able to answer the question(s):

- What are the jobs of each position on field?

- What is the best way to hit the ball?
- How can you improve at catching and throwing for accuracy?
- How do I play the game of softball and what strategies can I use both on defense and when up to bat?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Students will demonstrate motor skills and patterns related to softball (throwing, catching, fielding, and batting). Understanding concepts and strategies during game play (running through first base, force outs, and tagging up).

**12. Backyard Games**

**Essential Question:**

Students will be able to answer the question(s):

- How do I play each of the games?
- What makes this a good leisure activity to play beyond school?

**Essential Knowledge:**

What are the key concepts/vocabulary/ideas that students will have mastery of by the completion of the unit?

- Demonstrate understanding of game play of various backyard games (Bocce Ball, Baggo Toss, Ladder Golf, Disc golf). Students will interact/work with peers in positive manner in game play.

