



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Physical Education (Grade 7)

Course Description:

The curriculum for this course is developed from the [Wisconsin Physical Education Standards](#). This is a required course that meets every other day. The course focuses on the following content throughout the year: Five Components of Fitness, Cardiorespiratory Endurance, Nutrition, and Muscles and Bones. Students will participate in a variety of fitness based activities with an emphasis on improving their cardiorespiratory endurance. The Monroe School District PE/Health Program is dedicated to inspiring all students to sustain lifelong physical activity as a foundation for a healthy productive lifestyle.

Mastery Standards:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Demonstrates correct alignment in a target sport to control direction. (1:3:A3)

Demonstrates correct balance techniques in a variety of activities. (1:3:A6)

Demonstrates correct application of force to control distance of object in a target sport. (1:3:B2)

Demonstrates correct position in both net/wall and invasion sports for effective defense and offensive coverage. (1:3:B3)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Identifies proper warm up and cool down procedures as they affect performance and injury prevention. (2:3:A3)

Demonstrates an understanding of team play in invasion sports by proper positioning, team communication, and team support. (2:3:B4)

Standard 3: Participate regularly in physical activity.

Maintains a physical activity log documenting progress toward attaining their personal goals. (3:3:B2)

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Formulates meaningful personal fitness goals based on personal fitness test results. (4:3:A5)

Defines health-related fitness terminology. (4:3:A3)

States the differences between moderate and vigorous physical activity as it relates to perceived exertion. (4:3:A7)

Demonstrates knowledge of major muscle groups. (4:3:A9)

Participate in activities designed to improve or maintain all health-related fitness components both during and outside of school. (4:3:B1)

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Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Uses time wisely when given the opportunity to work on skill or fitness development without close teacher monitoring. (5:3:A1)

Identifies the importance of following class and procedures. (5:3:A2)

Handles situations in an appropriate manner when participating in team sports. (5:3:B1)

Demonstrates positive social interaction while in a physical activity setting. (5:3:B4)

Demonstrates cooperation skills needed to accomplish group/team goals in both cooperative and competitive activities. (5:3:B6)

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Recognizes that regular physical activity improves the students fitness level in both skill-related and health-related fitness components. (6:3:A1)

Recognizes that participation in regular physical activity reduces the risk of disease. (6:3:A3)

Recognizes physical activity as an opportunity for social and group interaction and to form new relationships. (6:3:A10)

Unit	Description of Unit and Learning Targets
<p>Unit Title: Team Building/Omnikin Activities</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> Why is it important for team members to support each other? What cooperative strategies are involved in omnikin activities? 	<p>Students will.....</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrate effective communication skills Demonstrate cooperation skills to accomplish team goals Demonstrate positive social interaction during team building activities
<p>Unit Title: Frisbee Games</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How do frisbee games promote lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrate proper throwing mechanics when executing the frisbee throw Participate in proper social interaction in Kan Jam Demonstrate active participation
<p>Unit Title: Fitness (Weight training & Fitness Center)</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> What is the difference between the Fitness Components and the Skill Related components of fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Exhibit responsible behavior within the fitness center and weight room Properly follow the workout routine Understand proper movement concepts of the bench press and squat as well as the use of weight machines Understand the importance of cardiovascular exercise and resistance training
<p>Unit Title: Volleyball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does teamwork and sportsmanship affect game play? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrate active participation Exhibit basic rules of the game of volleyball Demonstrate positive sportsmanship
<p>Unit Title: Soccer</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> How does active participation improve personal fitness? 	<p>Students will.....</p> <p><u>Learning Targets</u></p> <ul style="list-style-type: none"> Demonstrate basic skills associated with soccer including passing, dribbling and kicking Understand proper soccer etiquette and good sportsmanship
<p>Unit Title: Pickleball</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> What concepts and skills are essential for successful participation in pickleball? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Provide encouragement and positive feedback to classmates throughout the unit Perform basic pickleball skills including the underhand serve and basic volley hits Understand the rules of the pickleball game

	<ul style="list-style-type: none"> Understand that Pickleball is a great lifetime activity
<p>Unit Title: Basketball</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> How does participation in basketball improve physical fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Understand the basic skills of basketball including passing, shooting and dribbling Demonstrate responsible and safe practices in the basketball setting Demonstrate collaboration, cooperation and good sportsmanship during basketball activities
<p>Unit Title: Floor Hockey</p> <p><u>Essential Questions</u></p> <ul style="list-style-type: none"> How does teamwork and sportsmanship affect game play? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Understand the basic skills of passing and shooting Demonstrate proper safety protocol when using floor hockey equipment Demonstrate good sportsmanship during floor hockey activities
<p>Unit Title: Track and Field</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does track and field skills promote lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrate cooperation and good sportsmanship during track activities Understand basic track movements including throwing, jumping and running Demonstrate active participation during track activities
<p>Unit Title: Softball/Kickball</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does participation in softball improve physical fitness and lifelong fitness? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Actively participate in a softball/kickball game Learn defensive positions and spacing relative to a softball/kickball game Demonstrate good sportsmanship when participating in softball/kickball activities
<p>Unit Title: CRE Assessment</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How can goal setting improve your CRE? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Analyze their own personal fitness level and ways to improve it Understand that the cardiovascular component of fitness is crucial to long term health Establish SMART goals to improve on CRE assessments
<p>Unit Title: Yard Games</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How do lifelong activities enhance social/emotional health 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Use opposition when using the underhand throwing technique Work cooperatively with others in the spirit of the game
<p>Unit Title: Fitness Bowling</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> How does bowling improve social/emotional interactions with peers? 	<p>Students will..</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> Demonstrate proper bowling form throughout the bowling unit Demonstrate teamwork in trying to accomplish a common goal