



# **School District of Marshfield Course Syllabus**

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**Course Name: Physical Education**

**Grade(s): 7-8**

**Length of Course: Semester**

**Credit: 1/2 Credit**

## **Program Goal:**

The School District of Marshfield Physical Education Program will prepare and motivate the learner to make lifelong health and physical fitness decisions, as demonstrated by the ability to plan and implement different types of personal fitness programs; demonstrate competency in lifetime activities; describe key concepts associated with successful participation in physical activity; model responsible behavior while engaged in physical activity; and engage in physical activities that encourages development and wellness of body, mind and spirit.

## **Course Description:**

The middle school physical education program strives to develop students' personal fitness and skill-related abilities. The program reinforces students' understanding and application of fitness concepts and motor skills through a variety of movement forms and sports. We aim to develop students' personal and social responsibility, self-management skills and ability to make good decisions. The overall goal of the middle school program is to provide students with a broad range of choices to live a physically active lifestyle.

## National SHAPE Standards for Physical Education – Grade 7 Outcomes

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

	Grade 7 Outcomes
<b>Dance &amp; Rhythms</b> S1.M1	S1.M1.7: Demonstrates correct rhythm and pattern for a different dance form among folk, social, creative, line and world dance.
<b>Games &amp; Sports: Invasion and Field Games</b> S1.M3 (Catching)	S1.M3.7: Catches with a mature pattern from a variety of trajectories using different objects in small-sided game play.
<b>Games &amp; Sports: Invasion Games</b> S1.M4 (Passing & Receiving)	S1.M4.7: Passes and receives with feet in combination with locomotor patterns of running and change of direction and speed with competency in invasion games such as soccer or speedball.
<b>Games &amp; Sports: Invasion Games</b> S1.M11 (Defensive skills)	S1.M11.7: Slides in all directions while on defense without crossing feet.
<b>Games &amp; Sports: Net/Wall Games</b> S1.M12 (Serving)	S1.M12.7: Executes consistently (at least 70% of the time) a legal underhand serve to a predetermined target for net/wall games such as badminton, volleyball or pickleball.
<b>Games &amp; Sports: Net/Wall Games</b> S1.M17 (Two-hand volley)	S1.M17.7: Two-hand-volleys with control in a dynamic environment.
<b>Games &amp; Sports: Target Games</b> S1.M18 (Underhand throw)	S1.M18.7: Executes consistently (70% of the time) a mature underhand pattern for target games such as bowling, bocce, or horseshoes.
<b>Outdoor Pursuits</b> S1.M22	S1.M22.7: Demonstrates correct technique for a variety of skills in 1 self-selected outdoor activity.
<b>Individual-Performance Activities</b> S1.M24	S1.M24.7: Demonstrates correct technique for a variety of skills in 1 self-selected individual-performance activity.
	Grade 8 Outcomes
<b>Dance &amp; Rhythms</b> S1.M1	S1.M1.8: Exhibits command of rhythm and timing by creating a movement sequence to music as an individual or in a group.
<b>Games &amp; Sports: Invasion and Field Games</b> S1.M2 (Throwing)	S1.M2.8: Throws a mature pattern for distance or power-appropriate to the activity during small-sided game play.
<b>Games &amp; Sports: Invasion Games</b> S1.M5 (Passing & receiving)	S1.M5.8: Throws a lead pass to a moving partner off a dribble or pass.
<b>Games &amp; Sports: Invasion Games</b> S1.M6 (Offensive skills)	S1.M6.8: Executes at least two of the following to create open space during modified game play: pivots, fakes, jab steps, screens.
<b>Games &amp; Sports: Invasion Games</b> S1.M8 (Dribbling/ball control)	S1.M8.8: Dribbles with dominant and nondominant hands using a change of speed and direction in small-sided game play.

<b>Games &amp; Sports: Invasion Games</b> S1.M9 (Dribbling/ball control)	S1.M9.8: Foot-dribbles or dribbles with an implement with control, changing speed and direction during small-sided game play.
<b>Games &amp; Sports: Striking/Field Games</b> S1.M20 (Striking)	S1.M20.8: Strikes a pitched ball with an implement for power to open space in a variety of small-sided games.
<b>Games &amp; Sports: Striking/Field Games</b> S1.M21 (Catching)	S1.M21.8: Catches, using an implement, from different trajectories and speeds in a dynamic environment or modified game play.
<b>Standard 2:</b> The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	
	<b>Grade 7 Outcomes</b>
<b>Games &amp; Sports: Invasion Games</b> S2.M2 (Creating space with offensive tactics)	S2.M2.7: Executes at least 2 of the following offensive tactics to create open space: uses a variety of passes, pivots and fakes; give & go.
<b>Games &amp; Sports: Invasion Games</b> S2.M3 (Creating space using width and length)	S2.M3.7: Creates open space by staying spread on offense, and cutting and passing quickly.
<b>Games &amp; Sports: Invasion Games</b> S2.M5 (Reduces space using denial)	S2.M5.7: Reduces open space by not allowing the catch (denial) or anticipating the speed of the object or person for the purpose of interception or deflection.
<b>Games &amp; Sports: Invasion Games</b> S2.M6 (Transitions)	S2.M6.7: Transitions from offense to defense or defense to offense by recovering quickly and communicating with teammates.
<b>Games &amp; Sports: Net/Wall Games</b> S2.M8 (Using tactics and shots)	S2.M8.7: Selects offensive shot based on opponent's location (hit where opponent is not).
<b>Games &amp; Sports: Striking/Fielding Games</b> S2.M11 (Reducing space)	S2.M11.7: Selects the correct defensive play based on the situation (e.g., number of outs).
<b>Outdoor Pursuits</b> S2.M13 (Movement concepts)	S2.M13.7: Analyzes the situation and makes adjustments to ensure the safety of self and others.
	<b>Grade 8 Outcomes</b>
<b>Games &amp; Sports: Invasion Games</b> S2.M3 (Creating space using width and length)	S2.M3.8: Creates open space by staying spread on offense, cutting and passing quickly, and using fakes off the ball.
<b>Games &amp; Sports: Target Games</b> S2.M9 (Shot selection)	S2.M9.8: Varies the speed, force and trajectory of the shot based on location of the object in relation to the target.
<b>Outdoor Pursuits</b> S2.M13 (Movement concepts)	S2.M13.8: Implements safe protocols in self-selected outdoor activities.
<b>Standard 3:</b> The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	
	<b>Grade 7 Outcomes</b>
<b>Engages in Physical Activity</b> S3.M2	S3.M5.7: Participates in a physical activity twice a week outside of physical education class.

<b>Engages in Physical Activity</b> S3.M5	S3.M5.7: Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities.
<b>Fitness Knowledge</b> S3.M12	S3.M12.7: Designs a warm-up/cool-down regimen for a self-selected physical activity.
<b>Fitness Knowledge</b> S3.M14	S3.M14.6: Identifies major muscles used in selected physical activities.
<b>Assessment &amp; Program Planning</b> S3.M15	S3.M15.7: Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment.
<b>Grade 8 Outcomes</b>	
<b>Physical Activity Knowledge</b> S3.M1	S3.M1.8: Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains the connections between fitness and overall physical and mental health.
<b>Engages in Physical Activity</b> S3.M4	S3.M4.8: Plans and implements a program of cross-training to include aerobic, strength & endurance and flexibility training.
<b>Fitness Knowledge</b> S3.M7	S3.M7.8: Compares and contrasts health-related fitness components.
<b>Fitness Knowledge</b> S3.M8	S3.M8.8: Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.
<b>Fitness Knowledge</b> S3.M11	S3.M11.8: Uses the overload principle (FITT formula) in preparing a personal workout.
<b>Standard 4:</b> The physically literate individual exhibits responsible personal and social behavior that respects self and others.	
<b>Grade 7 Outcomes</b>	
<b>Personal Responsibility</b> S4.M1	S4.M1.7: Exhibits responsible social behaviors by cooperating with classmates, demonstrating inclusive behaviors and supporting classmates.
<b>Working with Others</b> S4.M4	S4.M4.7: Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts.
<b>Rules &amp; Etiquette</b> S4.M6	S4.M6.7: Demonstrates knowledge of rules and etiquette by self-officiating modified physical activities and games or following parameters to create or modify a dance.
<b>Safety</b> S4.M7	S4.M7.7: Independently uses physical activity and exercise equipment appropriately and safely.
<b>Grade 8 Outcomes</b>	
<b>Accepting Feedback</b> S4.M3	S4.M3.8: Provides encouragement and feedback to peers without prompting from the teacher.
<b>Working with Others</b> S4.M5	S4.M5.8: Cooperates with multiple classmates on problem-solving initiatives including adventure activities, large-group initiatives and game play.

<b>Rules &amp; Etiquette</b> S4.M6	S4.M6.8: Applies rules and etiquette by acting as an official for modified physical activities and games and creating dance routines within a given set of parameters.
<b>Safety</b> S4.M7	S4.M7.8: Independently uses physical activity and exercise equipment appropriately, and identifies specific safety concerns associated with activity.
<b>Standard 5:</b> The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
	<b>Grade 7 Outcomes</b>
<b>Health</b> S5.M1	S5.M1.7: Identifies different types of physical activities and describes how each exerts a positive effect on health.
<b>Health</b> S5.M2	S5.M2.7: Identifies positive mental and emotional aspects of participating in a variety of physical activities.
<b>Challenge</b> S5.M2	S5.M3.7: Generates positive strategies such as offering suggestions or assistance, leading or following others and providing possible solutions when faced with a group challenge.
<b>Social Interaction</b> S5.M6	S5.M6.7: Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk and providing support to classmates.
	<b>Grade 8 Outcomes</b>
<b>Health</b> S5.M1	S5.M1.8: Identifies the 5 components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiovascular endurance, body composition) and explains the connections between fitness and overall physical and mental health.
<b>Social Interaction</b> S5.M6	S5.M6.8: Demonstrates respect for self by asking for help and helping others in various physical activities.

<b>Key Vocabulary:</b>			
Aerobic Fitness	Endurance	Body Composition	Flexibility
Muscular Endurance	Muscular Strength	Ready Position	Pacing
MVPA (Moderate-to-Vigorous Physical Activity)	FITT Principle (Frequency, Intensity, Time, Type)	Athletic Position	Offense vs. Defense
Repetition	Sets	Agility	Balance
Coordination	Power	Reaction Time	Speed
Rhythm	Belay	Archery	Stance
Nock	Set Draw Hard	Pre-Draw	Draw
Anchor	Aim	Release	Follow Through

## **Topics/Content Outline- Units and Themes:**

### **Semester 1:**

- Outdoor Pursuits (Adventure Education, Team Building)
- Invasion Games (Soccer, Flag Football, Basketball, Ultimate Games)
- Net/Wall Games (Tennis, Pickleball, Volleyball, Badminton, NitroBall)
- Personal Fitness (Weight Training)
- Individual Performance (Dance, Archery)

### **Semester 2:**

- Outdoor Pursuits (Adventure Education, Team Building)
- Invasion Games (Soccer, Flag Football, Basketball, Ultimate Games)
- Net/Wall Games (Tennis, Pickleball, Volleyball, Badminton)
- Personal Fitness (Weight Training)
- Individual Performance (Dance, Archery)

\*\*Certain Units will alternate on every other year basis