Curriculum Guide Germantown Municipal Schools Department of Curriculum and Instruction

Physical Education (Grades 6-8) Quarter 2

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| **PART ONE - *First 4.5 Weeks*** *\*\*The material below should be covered within this time frame; specific pacing should be determined in school-based PLCs\*\** |
| ***Student Performance Indicators (SPIs):****\*\*It is expected and understood that all physical education skills will be taught continuously throughout the school year in each unit of study. This spiraling of instruction allows for depth of knowledge and student mastery.**The standards listed below may be used to create common formative assessments for this academic quarter. \*\** **State of Tennessee (Grades 6-8) Physical Education Standards**Standard 11.2.1 Utilize basic locomotor, non-locomotor and manipulative skills in game situations.Standard 22.2.1 Identify reasons for using proper warm-up and cool-down techniques. 2.2.2 Set goals, plan and implement the steps to achievement.2.2.3 Practice offensive, defensive and transition strategies.2.2.4 Understand how ready position relates to balance and weight transfer in various activities.2.2.5 Utilize a peer checklist to evaluate the striking serve.Standard 33.2.1 Define the importance of daily physical activity.3.2.2 Fulfill the minimum requirements for daily physical activity.3.2.3 Participate in physical activity in and out of physical education class. Standard 44.2.1 Participate in moderate to vigorous physical activity in a variety of settings. 4.2.2 Incorporate the F.I.T.T. principle into physical activity. 4.2.3 Maintain a personal fitness log.4.2.4 Engage in and discuss the techniques of proper warm-up, conditioning and cool-down in physical activity.4.2.5 Work in target heart rate zone for a sustained period of time. 4.2.6 Incorporate the components of fitness into a personal fitness plan. 4.2.7 Satisfy the minimum requirements for each component of a formal fitness test.Standard 55.2.1 Engage in physical activity to achieve social interaction.5.2.4 Resolves conflicts and accepts decisions of judgment in socially acceptable ways. | ***Content:****\*\*Content listed in the section is recommended in order to appropriately teach the identified standards. Teachers have the liberty to adjust and supplement the content listed in order to suit the needs of their students.\*\**1. Fitness
2. Health-related fitness standards for appropriate level of a standardized physical fitness test (e.g., aerobic capacity, muscle strength, endurance, and flexibility). Watch Fitness Gram DVD and review each exercise technique.
3. Perform a variety of activities that contribute to fitness.
4. Demonstrate an understanding of fitness and its contribution of health.
5. Demonstrate respect for individual differences and needs.
6. Explain the relationship between healthy living and fitness.
7. Individual Sports Striking: (e.g. Badminton, Tennis, Pickle ball, Ping Pong, Golf, etc.)
	1. Striking skills and game like situations
		1. Identify principles of mechanics in various sports and apply to modified games.
		2. Demonstrate developmentally mature forms of movement skills in open environments.
		3. Demonstrate how the body performs the movement and relationships that occur in more complex game forms.
		4. Identify and apply basic rules of each sport and principles of fair play.
		5. Demonstrate leadership during activities.
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| **PART TWO - *Second 4.5 Weeks*** *\*\*The material below should be covered within this time frame; specific pacing should be determined in school-based PLCs\*\** |
| ***Student Performance Indicators (SPIs):****\*\*It is expected and understood that all physical education skills will be taught continuously throughout the school year in each unit of study. This spiraling of instruction allows for depth of knowledge and student mastery.**The standards listed below may be used to create common formative assessments for this academic quarter. \*\** **State of Tennessee (Grades 6-8) Physical Education Standards**Standard 11.2.1 Utilize basic locomotor, non-locomotor and manipulative skills in game situations.1.2.2 Dribble a ball while preventing an opponent from stealing the ball.Standard 22.2.1 Identify reasons for using proper warm-up and cool-down techniques. 2.2.2 Set goals, plan and implement the steps to achievement. 2.2.3 Practice offensive, defensive and transition strategies while playing sports.2.2.4 Understand how ready position relates to balance and weight transfer in various activities.Standard 33.2.2 Fulfill the minimum requirements for daily physical activity.3.2.3 Participate in physical activity in and out of physical education class.3.2.4 Play soccer in and out of physical education class.3.2.5 Compare the programs of two or more community resources that promote active lifestyles.Standard 44.2.1 Participate in moderate to vigorous physical activity in a variety of settings.Standard 55.2.1 Engage in physical activity to achieve social interaction.5.2.2 Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.5.2.3 Displays acceptance of decisions regarding a personal rule infraction without displaying negative reactions toward others.5.2.4 Resolves conflicts and accepts decisions of judgment in socially acceptable ways.Standard 66.2.1 Appreciate the benefits of participating in individual and/or group physical activity. | ***Content:****\*\*Continue to reinforce previous 4.5 weeks skills. Content listed in the section is recommended in order to appropriately teach the identified standards. Teachers have the liberty to adjust and supplement the content listed in order to suit the needs of their students.\*\**1. Team Sports Striking: (e.g. Baseball, Softball, Wiffle Ball, Ping Pong, etc.)
2. Striking skills and game like situations
3. Identify principles of mechanics in various sports and apply to modified games.
4. Identify and apply basic rules of each sport and principles of fair play.
5. Demonstrate leadership during activities.
6. Team Sports Kicking: (e.g. Soccer, Crab Soccer, Kickball, Crazy ball, etc.)
7. Kicking (different levels, force, etc.) Soccer dribbling, passing, and punting; football punting and kicking from a tee.
	* 1. Demonstrate basic to moderate kicking skills.
		2. Identify principles of mechanics in various sports and apply to modified games.
		3. Identify and apply basic rules of each sport and principles of fair play.
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