



## Health and Physical Education

Course: Physical Education

Middle School: Grade 7

## Essential Course Information

- Major Revision
- All Year

## Course Overview

These courses provide a basic foundation of important physical education topics. The concepts in these units lay the framework for proper overall health and wellness.

Unit	Estimated Class Time	Overview
<a href="#"><u>Unit 1- Physical/Lifelong Fitness.docx</u></a>	10 weeks	In the Physical/Lifelong Fitness unit, students will learn how fitness contributes to enhanced personal health as well as motor skill performances. Examples include health & skill-related fitness components such as cardiorespiratory endurance, muscular strength & endurance, flexibility, balance, coordination, speed & agility. The students will also learn how wellness is maintained and how gains occur over time when participating and setting goals in a variety of moderate to vigorous age-appropriate physical activities. Finally, students will also be able to identify personal and community resources that can support their physical activity.
<a href="#"><u>Unit 2- Lifelong Cooperative/Seasonal Games.docx</u></a>	30 weeks	In the Lifelong Cooperative/Seasonal Games Unit, the students will apply offensive, defensive, and cooperative strategies in most games, sports, and physical activities. The students will be able to receive constructive feedback from others and apply the feedback to improve skills, concepts, sportsmanship, and safety. Finally, the students will work on gross motor, fine motor, manipulative skills, skills, movement skills, and concepts while participating individually and in small groups. Various activities include physical activities, free movement, games, aerobics, dance, sports, and recreational activities.

# Content Continuum

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Physical Education

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Physical Education

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Physical Education

## INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. **Google Slides** - Pear Deck and Google Slide presentations
2. **YouTube Videos** - videos related to the topic and unit.
3. **Smartboard** - to present material.
4. **Supplies** - construction paper, poster board, pencils, crayons/markers, and other materials needed for projects/PBA's.
5. **Google Classroom** - to upload lessons and receive feedback from students.
6. **Chromebooks** - to use with Google Classroom, Google Slides, and Pear Deck.
7. **Technology** - various technology tools to aid in the delivery of instruction.

## KEY FEATURES OF REVISION

- Technology integration
- Technology Standards and Career Ready Practice Standard in each Unit
- Student Presentation Opportunities
- PBA's

*Differentiation and ELL strategies are included.*

Health and Physical Education Department  
West Orange Public Schools  
Kevin Alvine, Supervisor

