

## WEST DEPTFORD SCHOOL DISTRICT

|   |  |   |                |  |
|---|--|---|----------------|--|
|   |  |   |                |  |
| Content Area: Physical Education                                |  |   |                |  |
| Course Title: 7th grade PE                                      |  |   | Grade Level: 7 |  |
|   |  |   |                |  |
|   | <b>Quarter 1</b>   |   | 9 weeks        |  |
|   | Activity 1: Run Program<br>Activity 2: Presidential Fitness Testing<br>Activity 3: Flag Football |   |                |  |
|   |  |   |                |  |
|   | <b>Quarter 2</b>   |   | 9 weeks        |  |
|   | Ball games   |   |                |  |
|   |  |   |                |  |
|   | <b>Quarter 3</b>   |   | 9 weeks        |  |
|   | Activity 1: Pillow-polo hockey<br>Activity 2: Volleyball<br>Activity 3: Fitness Circuits         |   |                |  |
|   | <b>Quarter 4</b>   |   |                |  |
|   | Activity 1: Presidential Fitness Testing<br>Activity 2: Kickball                                 |   | 9 weeks        |  |
|   |  |   |                |  |
|   |  |   |                |  |
| <i>Date Created: August 2022</i><br><i>Revised: August 2023</i> |  | <i>Board Approved on: August 2022</i><br><i>Revised Board Approved: August 2023</i> |                |  |

# WEST DEPTFORD SCHOOL DISTRICT

## Seventh Grade PE Pacing Guide

| Quarter Number | Title                        | DATES             | Number of Days |
|----------------|------------------------------|-------------------|----------------|
| 1              | Run Program                  | September/October | +20            |
|                | Presidential Fitness Testing | September/October | +20            |
|                | Flag Football                | October/November  | +20            |
|                |                              |                   |                |
| 2              | Ball Games                   | November-January  | +20            |
|                |                              |                   |                |
| 3              | Pillow-polo hockey           | January-March     | +20            |
|                | Volleyball                   | January-March     | +20            |
|                | Fitness Circuits             | January-March     | +20            |
|                |                              |                   |                |
| 4              | Presidential Fitness Testing | April/May         | +20            |
|                | Kickball                     | May/June          | +30            |

# WEST DEPTFORD SCHOOL DISTRICT

## Seventh Grade PE Pacing Guide

| Quarter Number | Skill   | Instructional Period | Number of Days |
|----------------|---|----------------------|----------------|
| Q1             | <b><i>Run program, Fitness Tests, Football</i></b><br>-Combine and use movement and handling skills<br>-Refine individual and group activity skills<br>-Improve skill performance<br>Apply offensive and defensive<br>-Follow rules and safety procedures<br>-Analyze, and correct movements and apply to refine movement skills.<br>-Manage emotions during physical activity and demonstrate sportmanship<br><br>-Use measurement assessment data to set personal fitness goals<br>-Apply basic training principles | 9/12-11/18           | +45            |
|                |   |                      |                |
| Q2             | <b><i>Ball games</i></b><br>-Combine and use movement and handling skills<br>-Refine individual and group activity skills<br>-Improve skill performance   | 11/2023-1/2024       | +20            |

|    |  |               |     |
|----|--|---------------|-----|
|    | <ul style="list-style-type: none"> <li>-Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> </ul>   |               |     |
|    |  |               |     |
| Q3 | <b><i>Pillow-polo, Volleyball, Fitness Circuits</i></b> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportsmanship</li> </ul> | 1/2024-3/2024 | +45 |
|    |  |               |     |
| Q4 | <b><i>Kickball and Fitness Tests</i></b> <ul style="list-style-type: none"> <li>Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> </ul>  | 4/2024-6/2024 | +45 |

|  |   |  |  |
|--|---|--|--|
|  | <p>Apply offensive<br/>-and defensive<br/>-Follow rules<br/>and safety<br/>procedures<br/>-Analyze, and correct movements and apply<br/>to refine movement skills.<br/>-Manage emotions during physical activity<br/>and demonstrate sportsmanship</p> <p>-Use<br/>measurement<br/>assessment data<br/>to set personal<br/>fitness goals<br/>-Apply basic<br/>training principles</p> |  |  |
|--|---|--|--|

# **WEST DEPTFORD SCHOOL DISTRICT**

## **PE Lesson Plan Format**

{45 Minutes of Instruction}

### **OPENING**

5 minutes

- Warm-ups (independent)

### **SETTING THE STAGE**

5 minutes

*Objectives- Purpose of lesson and expectations*

*Equipment needed- What do we need to be successful?*

### **TEACHER LED INSTRUCTION**

10 minutes

*Activity- What is the activity?*

*Learning plan- Teacher led explanation/demonstration, safety concerns*

### **STUDENT LED INSTRUCTION AND ASSESSMENT**

25 minutes

*Performance task- Independent student led activity*

*Assessment- Teacher observation*