

West Deptford Middle School Curriculum Map
PE Grade 7

Unit/ Duration	Essential Questions	Content	Skills	Assessment	Standards
Basketball – 7 th Grade Half marking period	<ul style="list-style-type: none"> • Why is there a need for rules and regulations? • What are the benefits of teamwork and good sportsmanship? • How many players on the court at a time? • How many points for a field goal? • How many points for a foul shot? • How many points for a three pointer? • What are different passes you can use? • What is a travel 	<ul style="list-style-type: none"> • How to evaluate personal participation as a leader and a follower. • How to pass to a teammate. • How to shoot from the field. • How to dribble ball using proper technique. 	<ul style="list-style-type: none"> • Shooting: lay-ups, foul shots, jump shots • Dribbling: right hand & left hand • Passing: chest pass, bounce pass, over head pass 	<ul style="list-style-type: none"> • Students will take the rules of the game and modify them for: • Someone with a physical disability • Fewer numbers than are required for the game • Those with minimal skills • Younger, inexperienced players • Processed based skills tests 	HPE.2.5.8.B.1 HPE.2.5.8.B.2 HPE.2.5.8.C.CS1 HPE.2.5.8.A.1 HPE.2.5.8.B.CS1 HPE.2.5.8.C.2 HPE.2.5.8.A.2 HPE.2.5.8.C.1

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	<ul style="list-style-type: none"> violation? • What is a double dribble violation? • What is a back court violation? • What is a personal foul? • What is a technical foul? 				
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Unit/ Duration	Essential Questions	Content	Skills	Assessment	Standards
Eagle Fitness – 7 th Grade 3 weeks	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical 	<ul style="list-style-type: none"> • The expectable range of performance for their age group and gender. • How to use positive reinforcement to critique other participant's 	<ul style="list-style-type: none"> • Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness. • Perform at a 	<ul style="list-style-type: none"> • Mile run test • Sit and reach • Push Ups • Shuttle run • Curl ups • 20 minute run test • Team Fitness • Assessing scores to determine 	<p>HPE.2.6.8.A.4 HPE.2.6.8.A.CS1 HPE.2.6.8.A.2 HPE.2.6.8.A.5</p>

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	<p>activity.</p> <ul style="list-style-type: none"> • How might the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity affect you. • Why is there a need for rules and regulations during each of the physical fitness test? • What are some different ways you can measure an individual's fitness level? 	<p>performance</p> <ul style="list-style-type: none"> • The sign and systems of fatigue. 	<p>level needed to enhance cardiovascular fitness.</p> <ul style="list-style-type: none"> • Evaluate, monitor, and improve their fitness level. • Compare his/her results and strive to improve these percentages year to year 	<p>Golden Eagle or Eagle Award</p>	
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	<ul style="list-style-type: none"> • What are the basic components of physical fitness? • Why is it so difficult to stay health and physically fit? • How can I set challenging fitness goals that help me stay committed to wellness? 				
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Unit/ Duration	Essential Questions	Content	Skills	Assessment	Standards
Fitness Circuit – 7 th Grade Half marking period	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to 	<ul style="list-style-type: none"> • The expectable range of performance for their age group and gender. 	<ul style="list-style-type: none"> • Engage in a variety of sustained, vigorous physical activities to 	<ul style="list-style-type: none"> • A 10 station fitness circuit working on their cardiovascular and muscular endurance/stren 	HPE.2.6.8 HPE.2.5.8.B.2 HPE.2.5.8.C.2 HPE.2.6.8.A.1 HPE.2.5.8.A.2 HPE.2.6.8.A.5

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	<p>enhance or change the performance of movement skills during physical activity.</p> <ul style="list-style-type: none"> • How might the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity affect you. • Why is there a need for rules and regulations during each circuit? • What are some different ways you can 	<ul style="list-style-type: none"> • How to use positive reinforcement to critique other participant's performance • The sign and systems of fatigue. 	<p>enhance each component of fitness.</p> <ul style="list-style-type: none"> • Perform at a level needed to enhance cardiovascular fitness. • Evaluate, monitor, and improve their fitness level 	<p>gth.</p> <ul style="list-style-type: none"> • Fitness Log • Written test regarding fitness vocabulary and fitness concepts. 	
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	<p>measure an individual's fitness level?</p> <ul style="list-style-type: none">• What are the basic components of physical fitness?• Why is it so difficult to stay health and physically fit?• How can I set challenging fitness goals that help me stay committed to wellness?				
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Flag Football – 7 th Grade Half marking period	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical activity? • How might the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity effect you? 	<ul style="list-style-type: none"> • Students will know: • How to apply movement concepts and skills that foster participation in physical activities throughout life. • How to evaluate personal participation as a leader and a follower. • The key points in the game of flay football. • The rules governing play. 	<ul style="list-style-type: none"> • Employ strategies to improve communication and listening skills and assess their effectiveness. • Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness. • Perform at a level needed to enhance cardiovascular fitness. • Throw a football 	<p>Students will work together to set up football field, organize their teams, demonstrate rules and knowledge of sport, and utilize the plays that students have created within their team. The teams will participate in a Round Robin tournament that will eventually lead to a final round where their peers will referee the competition.</p>	<p>HPE.2.5.8.A.CS1 HPE.2.5.8.C.CS1 HPE.2.5.8.A.1 HPE.2.5.8.B.CS1 HPE.2.5.8.C.2 HPE.2.5.6.B.3 HPE.2.6.8.A.CS1 HPE.2.5.8.C.1</p>

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	<ul style="list-style-type: none"> • Why is there a need for rules and regulations? • What are the benefits of teamwork and good sportsmanship? • What basic components of physical fitness are used in flag football? • What are the similarities between NJSIAA football and flag football? • Why is there a difference between NJSIAA football and flag 		<ul style="list-style-type: none"> using the proper technique • Catch a football using the proper technique. • Play a modified game of touch football. • Run a variety of pass patterns 	<ul style="list-style-type: none"> • Oral Presentation/Questioning • Visual Assessment • Peer Review • Rules and Regulations Quiz 	
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	football?				
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Unit/ Duration	Essential Questions	Content	Skills	Assessment	Standards
Floor Hockey – 7 th Grade Half marking period	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical activity? • How might the short- and long-term physical, social, and emotional benefits and potential 	<ul style="list-style-type: none"> • Movement concepts and skills that foster participation in physical activities throughout life. • Personal participation as a leader and a follower. • The key points in the game of floor hockey. • The rules governing play. • Proper way to 	<ul style="list-style-type: none"> • Employ strategies to improve communication and listening skills and assess their effectiveness. • Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness. • Perform at a level needed to 	<p>Students will work together to set up floor hockey court, organize their teams, demonstrate rules and knowledge of sport, and utilize the plays that students have created within their team.</p> <p>The teams will participate in a Round Robin tournament that</p>	HPE.2.5.8.B.1 HPE.2.5.8.B.2 HPE.2.5.8.A.1 HPE.2.5.8.B.CS1 HPE.2.5.8.C.2 HPE.2.5.6.B.3 HPE.2.5.8.A.2 HPE.2.5.8.C.1

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	<p>problems associated with regular physical activity effect you?</p> <ul style="list-style-type: none"> • Why is there a need for rules and regulations? • What are the benefits of teamwork and good sportsmanship? • What basic components of physical fitness are used in floor hockey? 	<p>hold a stick.</p> <ul style="list-style-type: none"> • Proper technique when shooting, passing, and dribbling. 	<p>enhance cardiovascular fitness.</p> <ul style="list-style-type: none"> • Shoot, pass, and dribble using the proper technique. • Play a modified game of floor hockey. 	<p>will eventually lead to a final round where their peers will referee the competition.</p> <ul style="list-style-type: none"> • Oral Presentation/Questioning • Visual Assessment • Peer Review • Rules and Regulations Quiz 	
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Pickle Ball – 7 th Grade Half marking period	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical activity? • How might the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity effect you? 	<ul style="list-style-type: none"> • How to evaluate personal participation as a leader and a follower. • How to use positive reinforcement to critique other participant's performance • How to utilize the rules of pickleball during a competitive game 	<ul style="list-style-type: none"> • Employ strategies to improve communication and listening skills and assess their effectiveness. • Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness. • Demonstrate proper technique during the serve and volley while playing a competitive 	Introduce court layout Introduce rules of play Introduce skills of play: <ul style="list-style-type: none"> • Stances • forehand • backhand • volleying • serve • Oral Presentation/Questioning • Visual Assessment • Peer Review • Rules and Regulations 	HPE.2.5.8.B.1 HPE.2.5.8.B.2 HPE.2.5.8.C.CS1 HPE.2.5.8.A.1 HPE.2.5.8.B.CS1 HPE.2.5.8.C.2 HPE.2.5.6.B.3 HPE.2.5.8.C.1

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	<ul style="list-style-type: none"> • Why is there a need for rules and regulations? • What are the benefits of teamwork and good sportsmanship? 		<p>game of pickleball</p> <ul style="list-style-type: none"> • Explain how to properly keep score • Explain the rules and boundaries of pickleball 	Quiz	
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Unit/ Duration	Essential Questions	Content	Skills	Assessment	Standards
Softball – 7 th Grade Half marking period	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical 	<ul style="list-style-type: none"> • How to apply movement concepts and skills that foster participation in physical activities throughout life. • How to evaluate personal participation as 	<ul style="list-style-type: none"> • Employ strategies to improve communication and listening skills and assess their effectiveness. • Engage in a variety of sustained, 	Students will work together to set up football field, organize their teams, demonstrate rules and knowledge of sport, and utilize the plays that students	<p>HPE.2.5.8.A.CS1 HPE.2.5.8.B.1 HPE.2.5.8.B.2 HPE.2.5.8.C.CS1 HPE.2.5.8.B.CS1 HPE.2.5.8.C.2 HPE.2.5.6.B.3 HPE.2.5.8.A.2 HPE.2.5.8.C.1</p>

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	<p>activity?</p> <ul style="list-style-type: none"> • How might the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity effect you? • Why is there a need for rules and regulations? • What are the benefits of teamwork and good sportsmanship? 	<p>a leader and a follower.</p> <ul style="list-style-type: none"> • The key points in the game of softball. • The rules governing play. 	<p>vigorous physical activities to enhance each component of fitness.</p> <ul style="list-style-type: none"> • Perform at a level needed to enhance cardiovascular fitness. • Throw a softball using the proper technique • Catch a softball using the proper technique. • Play a modified game of softball called Ragball. 	<p>have created within their team.</p> <p>The teams will participate in a Round Robin tournament that will eventually lead to a final round where their peers will referee the competition.</p> <ul style="list-style-type: none"> • Oral Presentation/Questioning • Visual Assessment • Peer Review • Rules and Regulations Quiz 	
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Volleyball – 7 th Grade 3 days a week for 3 weeks	<ul style="list-style-type: none"> • How can we apply and analyze the use of momentum, force, and torque to enhance or change the performance of movement skills during physical activity? • How might the short- and long-term physical, social, and emotional benefits and potential problems associated with regular physical activity effect you? 	<ul style="list-style-type: none"> • How to evaluate personal participation as a leader and a follower. • How to use positive reinforcement to critique other participant's performance. • How to keep score during a game. • How to set, serve, bump • How to rotate 	<ul style="list-style-type: none"> • Employ strategies to improve communication and listening skills and assess their effectiveness. • Engage in a variety of sustained, vigorous physical activities to enhance each component of fitness. • Properly serve volleyball to start a game. • Properly bump and set during a game 	<ul style="list-style-type: none"> • Serving drills • Setting drills • Bumping drills • Passing Drills • Oral Presentation/Questioning • Visual Assessment • Peer Review • Rules and Regulations Quiz 	HPE.2.5.8.A HPE.2.5.8.B HPE.2.5.8.C HPE.2.5.8.C.CS2 HPE.2.5.8.B.1 HPE.2.5.8.B.2 HPE.2.5.8.C.CS1 HPE.2.5.8.B.CS1 HPE.2.5.8.C.2 HPE.2.5.6.B.3 HPE.2.5.8.A.2 HPE.2.5.8.C.3 HPE.2.5.8.C.1

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	<ul style="list-style-type: none">• Why is there a need for rules and regulations?• What are the benefits of teamwork and good sportsmanship?		<ul style="list-style-type: none">• Participate in a game using proper scoring and abiding by all rules.		
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