

**Greensburg Community School Corporation
Curriculum**

(7th Grade Physical Education)

**Prepared by
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(2006-2007 School Year)

Greensburg Community Schools

Mission Statement

The mission of the Greensburg Community School Corporation is to provide and promote lifelong learning through its commitment to quality educational programs that prepare the students to be effective, successful, and responsible citizens. This is to be accomplished in a financially prudent manner.

Greensburg Community Schools
(7th Grade Physical Education)

Narrative Description

The 7th and 8th grade Physical Education curriculum will concentrate on team sports and fitness activities. The Physical Education classes will be a time to learn the history, rules, develop skills in a variety of team sports and to experience a sense of cooperation and teamwork with other students in order to achieve a common goal. These activities are considered to be life long activities.

The Physical Education classes will also focus on fitness by performing a variety of cardiovascular and weight training activities. The activities are arranged so that the students, if effort is given, will improve on their cardiovascular and muscular endurance. The 7th and 8th grade Physical Education classes will focus on student participation and student effort while learning and attempting skills and trying to achieve a higher level of fitness.

(7th Grade Physical Education)
Course Concepts and Generalizations

1. Demonstrate competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibit a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity settings.
6. Demonstrate understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides the opportunity for enjoyment, challenge, self expression and social interaction.

Greensburg Community Schools

(7th Grade Physical Education)

Units of Study

UNITS/AREA OF STUDY	LENGTH OF TIME
1. Presidential Fitness	1 week
2. Flag Football	2 to 3 weeks
3. Soccer	2 to 3 weeks
4. Ultimate Frisbee	2 to 3 weeks
5. Team Handball	2 to 3 weeks
6. Volleyball	2 to 3 weeks
7. Basketball	2 to 3 weeks
8. Badminton	2 to 3 weeks
9. Fitness	Weekly

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Presidential Fitness)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the importance of presidential fitness testing.
6. The 7th and 8th grade students will learn the standards to qualify for the presidential fitness awards.

Greensburg Community Schools

(7th Grade Physical Education)

Subject Outline (Presidential Fitness)

A. 5 Major Categories for the Presidential Fitness

1. Mile Run
 - a. Cardiovascular Endurance
 - b. Muscular Endurance

2. Sit and Reach
 - a. Flexibility
 - b. Hamstrings/Lower Back

3. Shuttle Run
 - a. Agility
 - b. Explosion

4. Pull-Ups
 - a. Muscular Endurance
 - b. Upper Body Strength

5. Sit-Ups
 - a. Muscular Endurance
 - b. Abdominal Strength

B. Qualifying Standards for Presidential Fitness

1. Presidential Fitness Award Winner
 - a. The student qualifies in all five areas of the presidential fitness testing.
 - b. The student will be in the 85th percentile

2. National Fitness Award Winner
 - a. The student qualifies in all five areas of the presidential fitness testing.
 - b. The student will be in the 50th percentile

**The Presidential Physical Fitness Award
(This represents the 85th percentile.)**

	Age	Curl-Ups	Partial*	Shuttle Run (sec.)	V-Sit Reach	Sit & Reach	One-Mile Run (min:sec)	Distance Option**		Pull-Ups (#)	Rt. Angle*	
		(# one minute)	or Curl-Ups (#)		(inches)	(cm)		(min:sec) 1/4 mile	(min:sec) 1/2 mile		Push-Ups (#)	
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9	
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14	
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17	
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18	
	10	45	35	10.3	+4.0	30	7:57			6	22	
	11	47	43	10.0	+4.0	31	7:32			6	27	
	12	50	64	9.8	+4.0	31	7:11			7	31	
	13	53	59	9.5	+3.5	33	6:50			7	39	
	14	56	62	9.1	+4.5	36	6:26			10	40	
	15	57	75	9.0	+5.0	37	6:20			11	42	
	16	56	73	8.7	+6.0	38	6:08			11	44	
	17	55	66	8.7	+7.0	41	6:06			13	53	
	GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9
		7	34	24	12.1	+5.0	32	10:36	1:55		2	14
		8	38	30	11.8	+4.5	33	10:02		3:58	2	17
		9	39	37	11.1	+5.5	33	9:30		3:53	2	18
		10	40	33	10.8	+6.0	33	9:19			3	20
11		42	43	10.5	+6.5	34	9:02			3	19	
12		45	50	10.4	+7.0	36	8:23			2	20	
13		46	59	10.2	+7.0	38	8:13			2	21	
14		47	48	10.1	+8.0	40	7:59			2	20	
15		48	38	10.0	+8.0	43	8:08			2	21	
16		45	49	10.1	+9.0	42	8:23			1	24	
17		44	58	10.0	+8.0	42	8:15			1	25	

**The National Physical Fitness Award
(This represents the 50th percentile.)**

	Age	Curl-Ups	Partial*	Shuttle Run (sec.)	V-Sit Reach	Sit & Reach	One-Mile Run (min:sec)	Distance Option**		Pull-Ups (#)	Rt. Angle*	Flexed Arm Hang	
		(# one minute)	or Curl-Ups (#)		(inches)	(cm)		(min:sec) 1/4 mile	(min:sec) 1/2 mile		Push-Ups* (#)	(sec.)	
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6	
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8	
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10	
	9	32	17	11.9	+1.0	25	10:30		4:14	2	12	10	
	10	35	24	11.5	+1.0	25	9:48			2	14	12	
	11	37	26	11.1	+1.0	25	9:20			2	15	11	
	12	40	32	10.6	+1.0	26	8:40			2	18	12	
	13	42	39	10.2	+0.5	26	8:06			3	24	14	
	14	45	40	9.9	+1.0	28	7:44			5	24	20	
	15	45	40	9.7	+2.0	30	7:30			6	30	28	
	16	45	37	9.4	+3.0	30	7:10			7	30	28	
	17	44	42	9.4	+3.0	34	7:04			8	37	30	
	GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
		7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
		8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
		9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
		10	30	24	12.1	+3.0	28	11:22			1	13	8
11		32	27	11.5	+3.0	29	11:17			1	11	7	
12		35	30	11.3	+3.5	30	11:05			1	10	7	
13		37	40	11.1	+3.5	31	10:23			1	11	8	
14		37	30	11.2	+4.5	33	10:06			1	10	9	
15		36	26	11.0	+5.0	36	9:58			1	15	7	
16		35	26	10.9	+5.5	34	10:31			1	12	7	
17		34	40	11.0	+4.5	35	10:22			1	16	7	

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Flag Football)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of flag football.
6. The 7th and 8th grade students will learn the basic skills of flag football such as throwing and catching.
7. The 7th and 8th grade students will learn cooperation and teamwork through the game of flag football.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Flag Football)

A. Skills

1. Throwing
 - a. Grip on the ball
 - b. Body position
 - c. Throwing mechanics of the arm

2. Catching
 - a. Body position
 - a. Hand position
 - c. keep eyes on the ball (look it in)

3. Route Running
 - a. Streak
 - b. Flag/post
 - c. Curl/hitch
 - d. Drag/dig
 - e. Slant/hot

4. Kicking Game (Long Snapping/Punting)
 - a. grip on the ball
 - b. Rotation of the ball back to the punter
 - c. The catch/drop by the punter
 - d. Kicking the ball (toes are flexed)

5. Blocking
 - a. Blocking
 - b. Run Technique
 - c. Pass Technique

B. Positions

1. Offense
 - a. Backs
 - b. Line
 - c. Receivers

2. Defense
 - a. Linemen
 - b. Linebackers
 - c. Secondary

C. Rules

1. General Rules (Students will be given a handout)
 - a. Position Rules
 - b. Scoring
 - c. Advancement of the Football
 - d. Field dimensions
 - e. Change of possession
 - f. Considered “down” when body part hits the ground or one flag is pulled.

2. Penalties
 - a. Offside
 - b. Delay of Game
 - c. Interference

Introductory Activities:

1. Distance Throw
2. Distance Kick
3. Run pass routes and catch the football

Developmental Activities (Lead Up Games):

1. Ultimate Football
2. Six second football
3. Variations of the game of flag football

Culminating Activities:

1. Flag Football
2. Rules of the game

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation
4. Written Test

*** Every student will be given a handout at the start of each unit. The handout will have specific information listed that the students are going to be required to know. This same information will be put on a test and the students will have the opportunity to answer the questions. ***

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Soccer)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of soccer
6. The 7th and 8th grade students will learn the basic skills of soccer such as dribbling, passing, trapping, kicking and goaltending.
7. The 7th and 8th grade students will learn cooperation and teamwork through the game of soccer.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Soccer)

A. Skills

1. Dribbling
 - a. Use inside and outside of foot
 - b. Short kicks and taps on the ball
 - c. Long kicks
 - d. Work in a straight line

2. Passing
 - a. Use inside of foot
 - b. Short and Long passes

3. Trapping Ball (Stopping)
 - a. Use the sole of the foot
 - b. Inside and outside of foot
 - c. Chest

4. Kicking
 - a. Put non-kicking foot next to ball
 - b. With kicking foot turn tow outward
 - c. Strike ball with inside of foot and follow through

5. Heading
 - a. Body position
 - b. Contact with head
 - c. Safety

6. Goalkeeping
 - a. Stance
 - b. Stopping ball on the ground
 - c. Stopping ball at the chest

7. Throw-In
 - a. Both hands on the ball
 - b. Throw form behind your head
 - c. Both feet must be in contact with the ground

B. Positions

1. Offense
 - a. Forwards

- b. Halfbacks
- c. Centers

- 2. Defense
 - a. Goal Keepers
 - b. Fullbacks

C. Rules

- 1. General Rules
 - a. Field Dimensions
 - b. Player Positions
 - c. Scoring
- 2. Penalties
 - a. Ball out of bounds
 - b. Player Off sides
 - d. Corner kick/free kick

Introductory Activities:

- 1. Dribbling Drill
- 2. Passing Drill
- 3. Kicking Drill
- 4. Heading Drill
- 5. Trapping Drill
- 6. Throw-in Drill

Developmental Activities (Lead Up Games):

- 1. Line Soccer
- 2. Zone Soccer
- 3. Unlimited Goalies

Culminating Activities:

- 1. 11 on 11 soccer game
- 2. Rules of the Game

Evaluation (skills/knowledge learned by the student):

- 1. Participation
- 2. Effort
- 3. Teacher Observation
- 4. Written Test

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Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Ultimate Frisbee)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of Ultimate Frisbee.
6. The 7th and 8th grade students will learn the basic skills of Ultimate Frisbee such as throwing and catching.
7. The 7th and 8th grade students will learn cooperation and teamwork through the game of Ultimate Frisbee.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Ultimate Frisbee)

A. Skills

1. Grip of Frisbee
 - a. Body Position
 - b. Hand/Finger Position

2. Throwing
 - a. Body Position/step to the target
 - b. Forehand (underhand/overhead)
 - c. Backhand (underhand/overhead)
 - d. Hammer

3. Catching
 - a. One hand
 - b. Two hand
 - c. Gator

4. Pivot
 - a. One foot is planted and moves on a pivot
 - b. Pivot away from the defender

B. Rules of Ultimate Frisbee

1. General Rules
 - a. Field Dimensions / End zones
 - b. Scoring of the game
 - c. Game starts with a throw off
 - d. four teams

2. Offense
 - a. 10 seconds to throw Frisbee to a teammate
 - b. Use throwing skills to throw
 - c. Frisbee cannot hit the ground
 - d. Get the Frisbee into the end zone to score

3. Defense
 - a. man to man
 - b. zone

4. Turnovers/Penalties

- a. Frisbee hits the ground
- b. Defense Intercepts
- c. Hold the Frisbee for longer than ten seconds
- d. Foul by the offense or defense

Introductory Activities:

1. Throwing Skills
2. Catching Skills
3. Pivot Skills

Developmental Activities (lead up games):

1. Variations
2. Throw to moving target
3. Defense

Culminating Activities:

1. Rules of the game
2. Play an organized game

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation
4. Written Test

*** Every student will be given a handout at the start of each unit. The handout will have specific information listed that the students are going to be required to know. This same information will be put on a test and the students will have the opportunity to answer the questions. ***

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Team Handball)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of team handball.
6. The 7th and 8th grade students will learn the basic skills of team handball such as dribbling, passing and shots on goal.
7. The 7th and 8th grade students will learn cooperation and teamwork through the game of team handball.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Team Handball)

A. Skills

1. Dribbling
 - a. Body position
 - b. Hand position
 - c. Mechanics

2. Passing
 - a. Body position
 - b. Hand position
 - c. Mechanics

3. Shot on Goal
 - a. Body position
 - b. Hand position
 - c. Mechanics

4. Defense
 - a. Man to man
 - b. Ball –you-basket
 - c. Ball-you-man

5. Playing Goalie
 - a. Body position
 - b. React to the ball
 - c. Free to roam the floor/goalie box

B. Rules of Team Handball

1. General Rules
 - a. Court
 - b. Goalie Box
 - c. 5 on 5

2. Scoring Rules
 - a. Must be outside the goalie box
 - b. Every score is worth one point
 - c. Goalie cannot score

3. Offense

- a. Unlimited passing/dribbles, only 3 steps
- b. Five second rule
- c. Spread offense
- d. Shots on goal

4. Defense

1. Man to man
2. Arms length away
3. Keep away from the throwing arm

5. Turnovers/Penalties

1. 5 seconds
2. Fouls by offense/defense
3. Foot Fault

Introductory Activities:

1. Dribbling relays
2. Stationary dribbling
3. Two hand chest pass with a partner
4. Passing relays
5. Shots on goal with a goalie

Developmental Activities (Lead Up Games):

1. King of the court
2. 3 on 3

Culminating Activities:

1. 5 on 5
2. Tournaments

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation
4. Written Test

*** Every student will be given a handout at the start of each unit. The handout will have specific information listed that the students are going to be required to know. This same information will be put on a test and the students will have the opportunity to answer the questions. ***

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Volleyball)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of volleyball.
6. The 7th and 8th grade students will learn the basic skills of volleyball such as serving, passing and setting.
7. The 7th and 8th grade students will learn cooperation and teamwork through the game of volleyball.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Volleyball)

A. Skills

1. Serve (underhand/overhand)
 - a. Body position
 - b. Mechanics
 - c. Ball contact/follow through

2. Forearm Pass (bump)
 - a. Body position
 - b. Mechanics
 - c. Ball Contact

3. Set
 - a. Body position
 - b. Mechanics
 - c. Hand/ball contact

4. Spike
 - a. Body position
 - b. Mechanics
 - c. Hand/ball contact (timing)

5. Block
 - a. Body position
 - b. Mechanics

B. Rules of Volleyball

1. General Rules
 - a. Court
 - b. Rotation/Positions
 - c. Score of games
 - d. Let

2. Serving
 - a. Serving area
 - b. Legal/illegal serves
 - c. Scoring of serve

3. Passing
 - a. When to pass
 - b. Legal/illegal passes
 - c. Direction of passes

4. Setting
 - a. When to set
 - b. Legal/illegal set
 - c. Direction of set

5. Scoring
 - a. Rally Scoring
 - b. Play to 15 win by 2 or 25 win by 2

6. Turnovers/Penalties/Violations
 - a. Foot fault
 - b. Out of bounds
 - c. Net violation

Introductory Activities:

1. Partner serving/no net/work on form
2. Serving across the net to a partner
3. Serving from serving area over net
4. Rules involving serve
5. Pass on one knee partner
6. Pass to partner off toss
7. Pass back and forth with partner
8. Fan passing
9. Circle Passing
10. Rules involving passing
11. Indian style setting with partner
12. Set to partner off toss
13. Set back and forth with partner
14. Fan setting
15. Circle setting
16. Rules involving setting
17. Spiking with partners
18. Spiking in groups
19. Blocking in groups

Developmental Activities (Lead Up Games)

1. Target pass
2. Target set
3. Serve to targets
4. Serve to partners
5. Circle passes in two groups
6. Circuit (pass, set, pass/set and serving)
7. 3 on 3
8. 4 on 4

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation
4. Written Test

*** Every student will be given a handout at the start of each unit. The handout will have specific information listed that the students are going to be required to know. This same information will be put on a test and the students will have the opportunity to answer the questions. ***

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Basketball)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of basketball.
6. The 7th and 8th grade students will learn the basic skills of basketball such as dribbling, passing, shooting and defense.
7. The 7th and 8th grade students will learn cooperation and teamwork through the game of basketball.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Basketball)

A. Skills

1. Dribbling
 - a. Body position
 - b. Hand position
 - c. Mechanics

2. Passing
 - a. Body position
 - b. Hand position
 - c. Mechanics

3. Shooting
 - a. Body position
 - b. Hand position
 - c. Mechanics

4. Defense
 - a. Man to man
 - b. Ball-you-basket
 - c. Ball-you-man

B. Rules of Basketball

1. General Rules
 - a. Court
 - b. Positions
 - c. Fouls/violations
 - d. 5 seconds to inbound

2. Scoring Rules
 - a. 2 point shot
 - b. 3 point shot
 - c. Free-throw

Introductory Activities

1. Stationary dribbling
2. Dribble right/left hand down and back
3. Crossover dribble

4. Relay dribble
5. Zig zag dribble
6. Keep away dribble
7. Two hand chest pass
8. Two hand bounce pass
9. Overhead pass with a partner
10. Left/Right hand bounce pass with partner
11. Group passing
12. Shooting form with partner
13. Spot shooting
14. Lay-up drill
15. Jumps hot drill
16. Around the world

Developmental Activities:

1. Dribble / jumps hot / pivot
2. Partner dribble zig zag
3. Jump shot / pivots / pass to partner
4. Slide passing with partner
5. Partner shooting (catch and shoot)
6. Team 21
7. King / Queen of the court
8. Knockout
9. 3 Man Weave
10. Dribble / jump shot / shoot

Culminating Activities:

1. 3 on 3 games
2. 5 on 5 games
3. Tournaments

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation
4. Written Test

*** Every student will be given a handout at the start of each unit. The handout will have specific information listed that the students are going to be required to know. This same information will be put on a test and the students will have the opportunity to answer the questions. ***

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Badminton)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn the basic rules and regulations for the game of badminton.
6. The 7th and 8th grade students will learn the basic skills of badminton such as the clear, drop shot, drive, smash and serve.
7. The 7th and 8th grade students will learn the importance of individual play as well as the cooperation and teamwork through the game of badminton.

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Badminton)

A. Skills

1. Clear (overhead / underhand)
 - a. Grip
 - b. Body position
 - c. Mechanics

2. Drop Shot
 - a. Grip
 - b. Body position
 - c. Mechanics

3. Drive
 - a. Grip
 - b. Body position
 - c. Mechanics

4. Smash
 - a. Grip
 - b. Body position
 - c. Mechanics

5. Serve
 - a. Grip
 - b. Body position
 - c. Mechanics

B. Rules of Badminton

1. General Rules
 - a. Court
 - b. Scoring (rally scoring)
 - c. Rotation

2. Serving
 - a. Let serve
 - b. Out of service area
 - c. Boundaries
 - d. Short / long serve

Introductory Activities:

1. Set tosses / Clear against wall
2. Partner toss / clear against wall
3. Self toss. / clear over net
4. Racket warm-up
5. Partner toss / drop shot
6. Partner toss / drop shot over net
7. Self toss / drive against wall
8. Partner toss / drive shot
9. Self toss / smash against wall
- 10 Partner toss / smash
11. Partner smash and return
12. Serve with a partner over the net
13. Short serve / long serve

Developmental Activities (Lead Up Games):

1. Partners rally over the net using clear
2. Partners rally over net using drop and clear
3. Partners rally over net using drive shot
4. Groups of four rallies over net using drive shot
5. Partners on court rally using all four shots
6. Groups of four rally using all four shots and serve

Culminating Activities:

1. Singles Games
2. Doubles Games
3. Doubles Tournament

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation
4. Written Test

*** Every student will be given a handout at the start of each unit. The handout will have specific information listed that the students are going to be required to know. This same information will be put on a test and the students will have the opportunity to answer the questions. ***

Greensburg Community Schools
(7th Grade Physical Education)

Unit Plan

(Fitness)

Individual Learner Objectives

1. The 7th and 8th grade students will develop an appreciation for lifelong sports through physical education.
2. The 7th and 8th grade students will develop skills in a variety of team sports.
3. The 7th and 8th grade students will experience and appreciate teamwork with other students to achieve a common goal.
4. The 7th and 8th students will develop the knowledge of how to become and remain physically fit through physical activity.
5. The 7th and 8th grade students will learn how to calculate their Target Heart Rate and use it to monitor and improve their physical fitness level.
6. The 7th and 8th grade students will learn a variety of movements that will improve their cardiovascular endurance, muscular strength, flexibility and (agility-balance-coordination).

Greensburg Community Schools
(7th Grade Physical Education)

Subject Outline
(Fitness)

A. Target Heart Rate

1. Purpose
 - a. Measure fitness
 - b. Measure cardiovascular progress

2. How to figure
 - a. $220 - \text{age} = \text{maximum heart rate}$
 - b. $(\text{max. heart rate} - \text{resting heart rate}) \times .75 + \text{resting heart rate} = \text{THR}$

3. How to use
 - a. Know your THR
 - b. Plug your THR into equation
 - c. Count pulse / compare to exercise heart rate

B. Cardiovascular Training

1. Purpose
 - a. Strengthen heart and other muscles
 - b. Improve physical shape

2. Cardiovascular activities
 - a. Running / walking activities
 - b. Jumping Activities

C. Muscular Strength

1. Purpose
 - a. Strengthen muscles
 - b. Increase flexibility

2. Expectations
 - a. Effort
 - b. Perform the exercises to the best of your ability

3. Exercises performed
 - a. Variety of med-ball exercises
 - b. Body weight circuit
 - c. Pull-ups

D. Flexibility

1. Purpose
 - a. Increase flexibility
 - b. Prevent injury

2. Flexibility exercises
 - a. Static stretching
 - b. Dynamic stretching

E. Agility-Balance-Coordination

1. Purpose
 - a. Increased movement
 - b. Increased self-confidence

2. Activities performed
 - a. Speed ladder
 - b. Agility rings
 - c. Box Jumps
 - d. Lateral jumps
 - e. Bounding
 - f. Power Skips
 - g. Dot drill
 - h. Dynamic stretching
 - i. Jump Rope
 - j. Mini hurdles
 - k. Acceleration ladder
 - l. Pro-cone agility

Introductory Activities:

1. Figure individual THR
2. Walking
3. Jogging
4. Walk / jog intervals
5. Stretching

Developmental Activities:

1. Cardiovascular Circuit
2. Muscular Strength Circuit / Training
3. Flexibility Training
4. Agility-Balance-Coordination Training

Evaluation (skills/knowledge learned by the student):

1. Participation
2. Effort
3. Teacher Observation

Greensburg Community Schools
(7th Grade Physical Education)

Modifications

Modifications occur in Physical Education class. Modifications that occur are the following:

1. Modified pace
2. If a student doesn't dress out for physical education they will be given a P.E. packet (worksheets) that will be due at the end of the period.
3. Modified Tests
4. Adaptive equipment
5. Use of Resource Staff
6. If a student has to have a specific modification, as stated in IEP, then the modification will be met.