

MASCOUTAH COMMUNITY SCHOOL DISTRICT #19

Teacher: Austin, Schomaker, Lindsay, Schlueter

Grade: 7th & 8th

Subject: Physical Education

Year 2017-18

Month	Content	Skills	Assessments	Standards
1 st quarter 7 th and 8 th Grade	Archery	<p>Analysis/ Identify protective gear, parts of bow & arrow and target</p> <p>Evaluation/ Describe the basic steps to successfully shoot an arrow</p> <p>Knowledge/ Associate the importance of strengthening upper body strength so as to be able to effectively brace bow and draw bowstring back</p> <p>Application/ Assist fellow classmates in improving archery techniques</p> <p>Synthesis/ Work cooperatively with classmates when competing</p> <p>Comprehension/ Understand the importance of staying on task when participating in class</p>	<p>Observation</p> <p>Target Scoring</p> <p>Written Test</p>	<p>19A/19C</p> <p>19B</p> <p>20A</p> <p>21B</p> <p>21B</p> <p>21A</p>
	Weights / Fitness	<p>Analysis/</p> <p>Evaluation/</p> <p>Knowledge/ Identify the FITT model (Frequency, Intensity, Time, and Type)</p> <p>Application/ Demonstrate proper techniques on all of the weight room equipment</p> <p>Synthesis/ Compare the difference in workouts of athletes in specific sports</p> <p>Comprehension/</p>		<p>19C</p> <p>19A&B</p> <p>21B</p> <p>20C</p>
	Pickle Ball	<p>Application/ Demonstrate hand/eye coordination as it applies to the successful utilization of all 4 shots: drop, volley, overhead clear, and smash</p> <p>Synthesis/ Work cooperatively with others</p>	<p>Observation</p> <p>Team Play</p> <p>Written Test</p>	<p>19A</p> <p>21B</p> <p>19C</p>

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		while participating in team sports Application/ Apply rules and procedures for pickle ball while playing.		
2 nd Quarter 7 th and 8 th Grade	Volleyball	Application/ Demonstrate correctly the skills of bumping, setting, spiking, serve Analysis/ Identify the necessary steps to effectively serve Application/ Apply offensive and defensive strategies Synthesis/ Cooperatively participate with teammates to have successful volleys Application/ Apply the rules of volleyball	Observation Game Play Written Test	19A 19B 19C 21B 19C
	Town Ball	Evaluation/ <i>Demonstrate the ability to participate in a complete game including kicking, catching, pitching and running the bases.</i> Knowledge/ Match and diagram offensive and defensive players Application/ Demonstrate how to throw, catch, and kick the Town Ball Synthesis/ Work cooperatively with classmates when competing Comprehension/ Understand the importance of staying on task when participating in Town Ball Synthesis/ Work cooperatively with classmates when competing	Observation Game Play Written Test	19B 20A 21B 21B 21A

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	Weights	<p>Knowledge/ Identify the FITT model (Frequency, Intensity, Time, and Type)</p> <p>Application/ Demonstrate proper techniques on all of the weight room equipment</p> <p>Synthesis/ Compare the difference in workouts of athletes in specific sports</p> <p>Knowledge/ Identify the primary muscle group developed with each piece of equipment</p>	<p>Observation</p> <p>Written Test</p>	<p>19C</p> <p>19A&B</p> <p>21B</p> <p>20C</p>

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3rd Quarter 7 th and 8 th Grade	Net Games	<p>Application/ Demonstrate hand/eye coordination as it applies to the successful catching and hitting of the apparatuses (cage ball, quoit, volleyball) used in the net game unit</p> <p>Synthesis/ Work cooperatively with others while participating in team sports</p> <p>Application/ Apply rules and procedures for the three net games of cage ball, deck tennis, and volley tennis</p>	<p>Observation</p> <p>Team Play</p> <p>Written Test</p>	<p>19A</p> <p>21B</p> <p>19C</p>
	Bowling	<p>Application/ Demonstrate the correct approach, grip, and release</p> <p>Synthesis/ Work cooperatively with others while participating in team sports</p> <p>Application/ Apply rules, procedures, and proper scoring rules to complete a game of bowling</p>	<p>Observation</p> <p>Bowl</p> <p>Written Test</p>	<p>19C</p> <p>19A&B</p> <p>21B</p> <p>20C</p>

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	Basketball	<p>Evaluation/ Describe the basic footwork needed shoot free throws, short bank shots, and lay ups.</p> <p>Application/ Demonstrate the ability to pass, dribble, and shoot in a group setting.</p> <p>Application/ Assist fellow classmates in improving skill levels</p> <p>Synthesis/ Work cooperatively with classmates when competing</p> <p>Comprehension/ Understand the importance of staying on task when participating in class</p>	<p>Observation</p> <p>Target Scoring</p> <p>Written Test</p>	<p>19A/19C</p> <p>19B</p> <p>20A</p> <p>21B</p> <p>21B</p> <p>21A</p>
4 th quarter 7 th and 8 th Grade	Badminton	Application/ Demonstrate/ the 4 basic types of shots: drive, overhead clear,	<p>Observation</p> <p>Game Play</p>	<p>19A</p> <p>21B</p>

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		drop, and smash <u>Analysis/</u> Identify the necessary steps to effective/legal serve <u>Synthesis/</u> Cooperatively participate with teammates to have successful volleys Application/ Apply the rules of badminton to successfully complete a game.	Written Test	19C
	Soccer	<u>Application/</u> Demonstrate correctly the skills of passing, dribbling, shooting <u>Analysis/</u> Identify the necessary steps to effectively pass the ball <u>Application/</u> Apply offensive and defensive strategies <u>Synthesis/</u> Cooperatively participate with teammates to have successful gameplay	Observation Game Play Written Test	19A 19B 19C 21B
	Softball	<u>Application/</u> Apply basic softball rules while competing (Ex: three strikes is an out; runner receives an extra base on an over-throw to first or third; etc.) <u>Application/</u> Demonstrate proper throwing techniques, recognizing the importance of stepping with the opposite foot of the throwing arm <u>Synthesis/</u> Work cooperatively with others in the team sport of softball <u>Analysis/</u> Identify the possibilities of participation in softball extra-curricular activities within the community	Observation Game Play Written Test	19A 19B 21B 19C