Basic Skills Review from 7th Grade

For the first three weeks of the school year, students will be “brushing-up” and reviewing the skills learned from 7th grade. This will allow for students to prepare for the activities coming up during the school year.

**4 activities**

Throwing technique

Catching technique

Fitness endurance-running

Swinging a racquet

**2 assessments**

Skills test-video assessment

Exam over basic skills-fundamentals/techniques

**Performance indicators**

Hit a tennis ball, with proper form, into the proper service box with 70% accuracy

Throw a ball, with proper form into a five-foot square, with 70% accuracy

Invasion Games

Soccer

Flag Football

**4 activities**

1. Teach them the proper technique for throwing a football.
2. Work on proper soccer dribbling technique by weaving between cones
3. Goal keeping challenge. Work on proper goal keeping technique and shooting form.
4. Skills test- Perform a skills test for each individual student based off of the performance indicators.

**2 Assessments**

1. Skills Test- Video Analysis
2. Written exam over the rules and strategies of the sports

**Performance Indicators**

Throw a football, with proper form, into a 5-foot target from 10 yards away with 80% accuracy.

Receive an 80% or better on the written exam.

Racquet Games

Pickleball

Volleyball

Badminton

**4 activities**

1. Teach the importance of bumping, setting and serving a volleyball
2. Teach the proper windshield technique for pickleball
3. Volley challenge assessment- how many times can you volley the ball with proper form (All striking sports-set criteria)
4. Skills test- Perform a skills test for each individual student based off of the performance indicators.

**2 Assessments**

1. Skills test- Video Analysis
2. Written exam over the rules and strategies of the sports

**Performance Indicators**

Volley the pickleball back and forth, with proper windshield technique, 20 times in a row.

Bump the volleyball into the designated service spot with 80% accuracy.

Dance

Line Dance

**4 activities**

1. History of line dance-lecture
2. Teach the importance of the vine
3. Design your own line dance
4. Performance

**2 Assessments**

1. Written exam over the history of line dance
2. Performance- Video Analysis

**Performance Indicators**

Design a line dance with your group, using all the techniques learned in class

Perform you dance, in front of a crowd, with 80% accuracy with your steps.

Fitness

Endurance Training

FitnessGram

**4 activities**

1. Guest speaker about the importance of training
2. Circuit day- Push-up, sit-ups, pull-ups, etc.
3. Design your own program
4. Fitnessgram

**2 Assessments**

1. Fitnessgram
2. Program design will be graded

**Performance Indicators**

Score in the healthy fitness zone during the FitnessGram.

Team Sports

Basketball

Speedball

**4 activities**

1. Teach proper shooting form (B.E.E.F)
2. Speedball stations- Self-transfer, partner-transfer, shooting, defense
3. Design your own basketball plays within your team using all techniques used in class.
4. Skills test-Perform a skills test for each individual student based off of the performance indicators.

**2 Assessments**

1. Skills tests- Video Analysis of each sport
2. Basketball plays will be graded based off of rubric designed.

**Performance Indicators**

Shoot a free throw, with proper form, either making the basket or hitting the rim at least 70% of the time.

Drop kick the ball, through the field goal with proper form from 20 yards away, making it 50% of the time.

Olympic Tournament

Students will be divided into equal number of teams and will compete with the same team throughout the tournament. With four weeks and two classes per week, it gives us eight class periods to complete this tournament. Each sport will be performed during one of the eight class periods, and a point system will be in place based off of who wins. Personal and team stats will be taking as well. Students will have specific roles (Head coach, offensive coordinator, equipment manager, statistician, etc.)

**Activities**

1. Soccer
2. Badminton
3. Flag football
4. Pickleball
5. Speedball
6. Line dance
7. Volleyball
8. Basketball

**2 Assessments**

1. Will be assessed based on their ability to work as a team and performing their specific roles.
2. Transfer proper technique into game play-video assessment.

**Performance Indicators**

Fulfill each individual role one is responsible for 100% of the time.

Culminating Event

Award Ceremony Week

**4 activities**

1. Self-Assessment
2. Peer Assessment
3. Performance awards
4. Party

**2 Assessments**

1. Self-Assessment of self during the Olympic tournament
2. Peer Assessment of teammates during the Olympic tournament

**Performance Indicators**

**N/A**

**Objectives**

1) Demonstrate aptitude in the motor skills needed to participate in all sports (flag football, soccer, volleyball, pickleball, speedball, basketball and line dance) (S1)

2) Demonstrate the knowledge and ability to apply proper rules by answering in an exam format (S2)

3) Participate in a vigorous activities daily to be able to achieve fitness level of each desired sport (S3)

4) Achieve and maintain the criterion set for the FitnessGram throughout the school year. (S4)

5) Demonstrate the ability to be an active member of a team by fulfilling the responsibility of the assigned team role during the Olympics. (S5)

6) Value physical fitness and try a new and challenging sport/activity in an extra-curricular setting (S6)

**NASPE STANDARDS**

1) Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

2) Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

3) Participates regularly in physical activity.

4) Achieves and maintains a health-enhancing level of physical fitness.

5) Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

6) Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Organizing Framework**

This curriculum will be taking place during the traditional school year, 9 months, from August-May (43 weeks)

Week 1-3 (Preseason)- Reviewing basic skills to prepare for the season.

Week 4-7 (Season)- Soccer

Week 8-11 (Season)- Flag Football

Week 12- Thanksgiving Break

Week 13- 15 (Season)- Pickleball

Week 16- 17- Winter Break

Week 18-21 (Season)- Volleyball

Week 22-25 (Season)- Badminton

Week 26-27 (Season)-Line Dance

Week 28-30 (Season)- Fitness

Week 31- Spring Break

Week 32-35 (Season)- Basketball

Week 36-39 (Season)- Speedball

Week 40-43 (Postseason)- Olympic Tournament

Week 44 (Culminating Event)- Award Ceremony