

**Wilson Area School District
Planned Course Guide**

Title of planned course: Physical Wellness

Subject Area: Physical Education Grade Level: 7th

Course Description: Small group instruction to promote physical wellness

Time/Credit for this Course: 36 classes – 41 minutes/class

Curriculum Writing Committee:

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Curriculum Map

August:	Organize classes
September:	Cardio-vascular fitness
October:	Cardio-vascular fitness
November:	Cardio-vascular fitness
December:	Flexibility/coordination Cooperative games
January:	Flexibility/coordination Cooperative games
February:	Flexibility/coordination Cooperative games
March:	Strength/muscular endurance
April:	Strength/muscular endurance
May:	Strength/muscular endurance
June:	Strength/muscular endurance

Scope & Sequence

Planned Course: Physical Wellness

Unit: Cardio-Vascular Fitness

Time frame: 12 class periods

State Standards: 10.3.6 D; 10.4.6 A,B,C,D,E,F; 10.5.6 D,E

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Describe what body mass index represents and ways to affect and change it through physical wellness
- Describe importance of cardio-vascular endurance training and conditioning on specific body systems
- Know and demonstrate techniques and training requirements in cardio-vascular endurance training and conditioning

Core Activities: Students will complete/participate in the following:

Warm-Ups/Calisthenics
Walk-Jog-Run
Aerobics (intermediate)
Tae-Bo (intermediate)
Dance (intermediate)
Jump Rope
Cool Down

Extensions: Students may be asked to prepare part of an aerobic workout. Students may switch to step aerobics instead of low impact.

Remediation: Student may be given more time for aerobic routine. Student may work in a group to come up with part of a routine.

Instructional Methods:

Explanation
Demonstration
Individual instruction
Videos

Materials & Resources:

Assessments:

Aerobic, Tae-Bo, and dance videos
Jump ropes

Teacher observation (accuracy of exercise and safety)
Student to demonstrate the proper transition from one skill to another
during routine
Knowledge of skills via test
Presidential Fitness Test
Daily participation

Scope & Sequence

Planned Course: Physical Wellness

Unit: Flexibility/Coordination 7th

Time frame: 10 minutes/class

Yoga – 3 classes

Pilates – 3 classes

State Standards: 10.4.6 A,B,C,D,E; 10.5.6 A,D

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Describe and demonstrate proper stretching techniques
- Increase range of motion within stretches

Core Activities: Students will complete/participate in the following:

Static stretching

Intermediate Pilates

Intermediate Yoga

Partner stretching

Extensions:

Differentiated stretches for advanced students

Utilize a stretching device

Remediation:

Beginner level exercises

All exercises with modifications

Instructional Methods:

Demonstration

Explanation

Individual instruction

Materials & Resources:

Assessments:

Teacher observation

Daily participation

Understanding vocabulary

Pre and post test

V-sit reach (Presidential Fitness Test)

Scope & Sequence

Planned Course: Physical Wellness

Unit: Cooperatively Games

Time frame: 6 classes

State Standards: 10.4.6 A,B,C,D,E,F

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Understand rules and skills for a variety of cooperative games
- Participate successfully in cooperative games that challenge students both physically and mentally
- Work cooperatively with classmates in both competitive and non-competitive environments
- Understand the importance of leaders and followers, in a team as well as team dynamics
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Core Activities: Students will complete/participate in the following:

Fitness Stations
Olympic Challenge
12 Ways to Fitness
Push Up Routine
Pushin' Through the Maze
Fitness Race Track

Extensions: Students may be asked to develop their own cooperative game and present to the class. Students may be given less equipment to complete the task to make it more challenging.

Remediation: Additional time and/or equipment to complete the activity

Instructional Methods:

Demonstration
Explanation
Individual Instruction
Cues
Cooperative Learning

Materials & Resources:

Assessments:

Teacher observation (participation, safety, accuracy, cooperation within team)

Student self-assessment (working cooperatively, safely, accuracy)

Presidential Physical Fitness Test

1. Curl-ups
Objective: To measure strength/endurance by maximum number of curl-ups performed in one minute.
2. Shuttle Run
Objective: To measure speed and agility.
3. Endurance Run/Walk
Objective: To measure the heart/lung endurance by fastest time to cover a one-mile distance.
4. Pull-ups/Flexed arm hang
Objective: To measure upper body strength/endurance by maximum number of pull-ups completed.
5. Right angle push-ups
Objective: To measure upper body strength/endurance by maximum number of push-ups completed.
6. V-sit reach
Objective: To measure flexibility in lower body/lower back.

Scope & Sequence

Planned Course: Physical Wellness

Unit: Muscular Strength/Muscular Endurance 7th

Time frame: 12 class periods

State Standards: 10.3.6 D; 10.4.6 A,B,C,D,E; 10.5.6 A,B,D

Anchor(s) or adopted anchor:

Essential content/objectives: At end of the unit, students will be able to:

- Understand and describe safety rules of weightlifting
- Demonstrate proper techniques of weightlifting
- Record progress of training activity on individual charts
- Execute specific lifting techniques and movements
- Describe muscle groups being addressed within each training activity

Core Activities: Students will complete/participate in the following:

Weight training
Circuit training
Core stability balls
Pilates

Extensions:

Increase sets
Increase repetitions
Increase resistance
Increase intensity
Increase time of activity

Remediation:

Decrease sets
Decrease repetitions
Decrease resistance
Decrease intensity
Decrease time of activity

Instructional Methods:

Demonstration
Explanation
Individual instruction

Materials & Resources:

Weight room with various exercise stations

Assessments:

Teacher observation
Pre and post fitness testing
Daily participation
Presidential Fitness Test