

St. Anthony of Padua School
Physical Education Curriculum Map

6th – 8th GRADE

2019 - 2020 School Year

Mrs. Rubalcava

TIMELINE	UNIT/THEME	OBJECTIVE	ASSESSMENT	MATERIALS
5 WEEKS 1 HOUR A WEEK	UNIT 1 VOLLEYBALL	<p>1. Understand basic rules and terminology of volleyball.</p> <p>2. Demonstrate basic skills associated with volleyball, including passing, setting, serving, attacking (spiking), and blocking.</p> <p>3. Demonstrate proper etiquette and good sportsmanship.</p>	<p>1. Skill Practice and Pre-Assessment</p> <p>2. Skill Practice/ Game</p> <p>3. Skill test</p>	Music, volleyballs, net
5 WEEKS 1 HOUR A WEEK	UNIT 2 BASKETBALL	<p>1. Each student will be able to dribble a basketball, using both their dominant and non-dominant hand.</p> <p>2. Each student will be able to pass a ball using the chest pass, chest pass with a bounce, overhead pass, and the overhead</p>	<p>1. Teacher observations</p> <p>2. Teacher observations</p>	Basketballs, cones, music

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5 WEEKS 1 HOUR A WEEK	UNIT 3 HEALTH & NUTRITION	<p>pass with a bounce.</p> <p>3. Each student will be able to perform the one-handed set shot, using the proper technique.</p> <ol style="list-style-type: none"> 1. Influences on Healthy Eating. Apply Knowledge of medical, emotional, practical & societal factors that influence eating habits. 2. Eating Cues and Guidelines. apply their recognition of physical factors that influence the desire to eat and drink. 3. Benefits of Healthy Eating/Living. 	<p>3. Teacher observation/quiz</p> <p>Food Journal, Nutrition Workbook, Health and Fitness Tests.</p>	<p>Notebook, Nutrition Handouts</p>

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<p>5 WEEKS 1 HOUR A WEEK</p>	<p>UNIT 4 TRACK & FIELD</p>	<p>partner.</p> <p>1.Students will demonstrate correct running, jumping, and throwing techniques by scoring a 75% or higher on a skills test at the end of the unit.</p> <p>2.Students will demonstrate a knowledge of the rules and history of Track & Field by scoring 80% or above on a written rules exam</p>	<p>If a student receives 4 points on 3 of the assessments, then 0 of the fourth skill they will receive 12/16 or 75% and so on and so forth on whatever points a student scores on the assessments.</p> <p>1.Partner Assessment checklist</p> <p>2.Rules & History knowledge worksheet</p> <p>3.Skills Test – Pre-and Post Final Exam over rules and skill technique</p>	<p>Cones, batons, stop watches</p>

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<p>5 WEEKS 1 HOUR A WEEK</p>	<p>UNIT 5 SOCCER</p>	<p>3. Students will be honest while self-assessing and assessing other students. This is done in a partner situation with shooting drills.</p> <p>1. Students will develop a basic, fundamental knowledge about soccer and skills involved. Students will gain rule knowledge</p> <p>2. Students will develop social skills, sportsmanship, teamwork, and positive attitudes through playing games of soccer.</p> <p>3. Students will develop the physical skills that will enable them to become</p>	<p>1 Students will I have a written exam.</p> <p>2. A weekly checklist for each student with categories of attitude and participation.</p> <p>3. Students will be tested on dribbling and passing skills. Also, shooting technique.</p>	<p>Soccer balls, cones, music,</p>

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<p>5 WEEKS 1 HOUR A WEEK</p>	<p>UNIT 6 FLAG FOOTBALL</p>	<p>better soccer players at any position on the field.</p> <ol style="list-style-type: none"> 1. Catch the football 7 out of ten times while using proper form and technique during skills test. 2. Students learn how to play flag football, rules, and terminology. 3. Students will learn teamwork while playing flag football. <ol style="list-style-type: none"> 1. Each learner will understand the meaning of physical fitness and the 	<ol style="list-style-type: none"> 1. Written quiz on flag football rules and terms. 2. Teacher observation during game play. 3. Catch the football 7 out of 10 times while using proper form and technique during skills test. <ol style="list-style-type: none"> 1. Student will have a 	<p>Footballs, cones, flags, music</p> <p>Jump ropes, matts, music,</p>

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5 WEEKS 1 HOUR	FITNESS	5 fitness indicators. 2. Students should understand the principle of cardiorespiratory endurance fitness. 3. The student will understand the principle of muscular strength fitness. The student will recognize the principle of muscular endurance, 4. Students will recognize important principles of flexibility, i.e. warm-up, cool-down, range of motion.	written quiz on Trifid 5 components of fitness. 2. Student will have a pre-and post physical test on each component of fitness.	cones

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