

MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Fitness Testing

MLR Content Standard:

H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

H1. Fitness Assessment

H4. Physical Activity Benefits

I1. Cooperative Skills

I2. Responsible Behavior

I3. Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students:</p> <p>H1. Students participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals.</p> <p>H4. Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.</p> <p>I1. Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>d. Engage peers respectfully in activities.</p> <p>I2 Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>I3 Students describe game/physical activity rules and safety rules and their purposes.</p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p>	<p>Students will:</p> <p>Learn how to safely perform each fitness test.</p> <p>Record results and set realistic goals.</p> <p>Discuss the importance of physical activity and its benefits.</p> <p>Positively encourage peers to perform at high effort levels.</p>	<p>Activities will include:</p> <p>1 Mile Walk/Run Shuttle Run 1 Minute Push Ups 1 Minute Sit Ups Vertical Jump Sit and Reach Wall Sit Standing Long Jump</p> <p>Informal Assessment</p> <p>Instructional Resources:</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med & Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. & Landy, M.J. (1993) Ready-to-Use P.E. Activities for Grades 7-9. New York: Parker Publishing Company</p> <p>Lumsden, K. (2001) P.E. Games & Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p>