

<b>DEPARTMENT: PHYSICAL EDUCATION</b>	<b>COURSE TITLE: INDIVIDUAL ACTIVITY</b>
<b>GRADE(S): 7-8</b>	<b>PRE-REQUISITES (IF ANY):NONE</b>

<b>UNIT</b>	<b>LENGTH</b>	<b>CONTENT</b>	<b>SKILLS</b>	<b>METHODS OF ASSESSMENT</b>	<b>FRAMEWORK STRAND(S) &amp; STANDARD(S)</b>
Dance  (A dance unit will consist of one or more of the following: country line, folk, polka, swing, creative)	1-18 days	<ul style="list-style-type: none"> <li>History</li> <li>Safety</li> <li>Equipment</li> <li>Rules/scoring</li> <li>Skills</li> <li>Concepts</li> <li>Strategies</li> <li>Fitness</li> <li>Terminology</li> </ul>	Demonstrate: <ul style="list-style-type: none"> <li>Steps</li> <li>Formations</li> <li>Positions</li> <li>Movement</li> </ul>	<ul style="list-style-type: none"> <li>Skills Assessment</li> <li>Subjective Observation</li> <li>Written Tests</li> <li>Participation</li> <li>Journals/Charts</li> </ul>	Physical Health Strand LS 2
Juggling	1 - 7 days	<ul style="list-style-type: none"> <li>History</li> <li>Safety</li> <li>Equipment</li> <li>Skills</li> </ul>	Demonstrate: <ul style="list-style-type: none"> <li>Tossing Techniques (one ball, two balls, three balls)</li> <li>Juggling at different heights</li> <li>Using different obstacles; wall</li> </ul>	<ul style="list-style-type: none"> <li>Skills Assessment</li> <li>Subjective Observation</li> <li>Participation</li> </ul>	Physical Health Strand LS 2
Orienteering  Introduction to map reading, compass use, direction, and pacing.	6-8 classes	<ul style="list-style-type: none"> <li>History</li> <li>Safety and Rules of the Woods</li> <li>Equipment Use</li> <li>Landmarks</li> <li>Skills</li> <li>Fitness</li> <li>Terminology</li> </ul>	Demonstrate: <ul style="list-style-type: none"> <li>Directional use of a compass and understanding of how it works</li> <li>Bearings on the compass and how to develop geometric measurements using degrees</li> <li>Development of individual pace</li> <li>Recognition of map clues such as landmarks, contours, directions, vegetation, and distance</li> </ul> Use: <ul style="list-style-type: none"> <li>Map making skills to develop a course for peers to use.</li> </ul>	<ul style="list-style-type: none"> <li>Student-created map and course</li> <li>Participation</li> <li>Skills Assessment</li> <li>Practical Test</li> </ul>	Physical Health Strand LS 2
Racquet Sports  (The racquet sports unit can consist of the following: tennis,	15 days	<ul style="list-style-type: none"> <li>History</li> <li>Safety</li> <li>Equipment</li> <li>Rules and Scoring</li> <li>Concepts</li> </ul>	Demonstrate: <ul style="list-style-type: none"> <li>Correct grip</li> <li>Racquet use</li> <li>Different grips and stroke styles</li> </ul>	<ul style="list-style-type: none"> <li>Peer Assessment</li> <li>Written Test</li> <li>Participation</li> <li>Subjective Observation</li> </ul>	Physical Health Strand LS2

badminton)		<ul style="list-style-type: none"> <li>• Strategies</li> <li>• Fitness</li> <li>• Terminology</li> </ul>	<ul style="list-style-type: none"> <li>• Correct style for forehand and backhand strokes</li> <li>• Correct serve and volley</li> <li>• Understanding of scoring and rules of the game, and court lines</li> <li>• Singles and doubles play, including court positioning.</li> </ul>		
Swimming	9 weeks	<ul style="list-style-type: none"> <li>• Red Cross History</li> <li>• Safety</li> <li>• Buoyancy</li> <li>• Strokes</li> <li>• Fitness Activity</li> <li>• Rescues and Assists</li> <li>• Front Dives &amp; Jumping</li> <li>• Surface Dives</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze and apply the correct body positioning, arm, and leg movements for the following strokes: Front Crawl, Back Crawl, Breaststroke, Elementary Backstroke, and Sidestroke.</li> <li>• Cooperate with a partner or in a group to perform the following rescues: extension assist, wading assists, swimming assists, surface dives, and spinal injury management.</li> <li>• Understand and practice self help rescues to stay afloat in deep water: survival float, tread water, and float.</li> <li>• Critique safe ways to enter the water.</li> </ul>	<ul style="list-style-type: none"> <li>• Skill Assessment</li> <li>• Class Participation</li> </ul>	Physical Health Strand LS2
Fooze Ball, Table Tennis , and Air Hockey.	6 days	<ul style="list-style-type: none"> <li>• History</li> <li>• Safety</li> <li>• Equipment</li> <li>• Concepts</li> <li>• Strategies</li> <li>• Cooperation</li> <li>• Sportsmanship</li> <li>• Terminology</li> </ul>	<ul style="list-style-type: none"> <li>• Maintain correct grip</li> <li>• Understand racquet use and handling equipment for fooze ball and hockey</li> <li>• Understand placement, force and speed of ball or puck</li> <li>• Understand rules and scoring</li> <li>• Understand the benefits of eye hand coordination and brain function</li> <li>• Understand the use of leisure activities throughout the lifetime</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Peer Assessment</li> <li>• Skill Assessment</li> <li>• Practical</li> </ul>	Physical Health Strand LS2