

# Pinellas County Schools Middle School Physical Education

## 2017-2018 M/J Outdoor Pursuits and Aquatics Year-at-a-Glance

This course is designed for 7th grade students and is intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of the course.

| Semester One   |  |  |  |  |  | Physical Education Orientation Week  |   |  |  |  |  | Semester Two                    |                |  |  |  |  |                |  |  |  |  |  |
|----------------|--|--|--|--|--|--|---|--|--|--|--|---------------------------------|----------------|--|--|--|--|----------------|--|--|--|--|--|
| M T W TH F     |  |  |  |  |  | Expectations, Locker Room; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety   |   |  |  |  |  | M T W TH F                      |                |  |  |  |  |                |  |  |  |  |  |
| AUGUST 2017    |  |  |  |  |  | Unit 1: Presidential Youth Fitness Cognitive Unit (18 days)  |   |  |  |  |  | JANUARY 2018                    |                |  |  |  |  |                |  |  |  |  |  |
| 1 2 3 4        |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 7 8 9 10 11    |  |  |  |  |  | PE.7.L.3.1 PE.7.L.4.1 PE.7.L.3.2 PE.7.L.3.3 PE.7.R.6.2   | Health, Physically Active Lifestyle, Benefits, Health-related, Physical Fitness, Fitness, MVPA, Personal Fitness Program, Strategies, Goals, FITT, Principles of training, THRZ, Aerobic capacity, Healthy Fitness Zone, VO2 Max, Cardiac, Cardio, Muscular Strength, Muscular Endurance, Flexibility, Warm-up, Cool-down, SMART Goals, Specific, Measurable, Attainable, Realistic, Timely, Kinesthetic, Body Composition, BMI |  |  |  |  |                                 | 8 9 10 11 12   |  |  |  |  |                |  |  |  |  |  |
| 14 15 16 17 18 |  |  |  |  |  | PE.7.M.1.8 PE.7.C.2.6  |   |  |  |  |  |                                 | 15 16 17 18 19 |  |  |  |  |                |  |  |  |  |  |
| 21 22 23 24 25 |  |  |  |  |  |  |   |  |  |  |  |                                 | 22 23 24 25 26 |  |  |  |  |                |  |  |  |  |  |
| 28 29 30 31    |  |  |  |  |  |  |   |  |  |  |  |                                 | 29 30 31       |  |  |  |  |                |  |  |  |  |  |
| SEPTEMBER 2017 |  |  |  |  |  | Unit 2: Initiatives (1 week)   |   |  |  |  |  | FEBRUARY 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | PE.7.R.5.1 PE.7.R.5.2 PE.7.R.5.3 PE.7.R.5.4 PE.7.R.5.5   | Cooperation, Communication, Trust, Teamwork   |  |  |  |  |                                 | 1 2            |  |  |  |  |                |  |  |  |  |  |
| 4 5 6 7 8      |  |  |  |  |  |  |   |  |  |  |  |                                 | 5 6 7 8 9      |  |  |  |  |                |  |  |  |  |  |
| 11 12 13 14 15 |  |  |  |  |  | Unit 3: Orienteering (2 weeks)   |   |  |  |  |  | 12 13 14 15 16                  |                |  |  |  |  |                |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.9 PE.7.L.3.1 PE.7.R.5.3 PE.7.R.6.3<br>PE.7.M.1.4 PE.7.C.2.4 PE.7.L.3.2 PE.7.M.1.2 PE.7.L.3.3<br>PE.7.C.2.8 PE.7.M.1.6 PE.7.M.1.7 PE.7.C.2.7 PE.7.R.6.1<br>PE.7.R.5.2 PE.7.R.5.5            | Orienteering, Compass, Competitive, Route, Map, Road Map, Topographical Map, Contour Lines, Elevation, Contour Intervals, Pacing, Speed, Magnetic Needle, Orienting Arrow, Base Plate, Index Line, Compass Housing Unit, Direction of Travel Arrow, Cooperation, North, Northeast, Northwest, South, Southeast, Southwest, Bearings, Degrees, Cardinal Directions, Magnetic North, "Shed", Control, Direction                   |  |  |  |  |                                 | 26 27 28       |  |  |  |  |                |  |  |  |  |  |
| OCTOBER 2017   |  |  |  |  |  | Unit 4: Disc Golf (2 weeks)  |   |  |  |  |  |                                 | MARCH 2018     |  |  |  |  |                |  |  |  |  |  |
| 2 3 4 5 6      |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 9 10 11 12 13  |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 5 6 7 8 9      |  |  |  |  |  |
| 16 17 18 19 20 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 12 13 14 15 16 |  |  |  |  |  |
| 23 24 25 26 27 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 19 20 21 22 23 |  |  |  |  |  |
| 30 31          |  |  |  |  |  | PE.7.M.1.4 PE.7.M.1.6 PE.7.C.2.2 PE.7.C.2.7 PE.7.C.2.8<br>PE.7.L.3.1 PE.7.L.3.3 PE.7.L.3.5 PE.7.R.5.5 PE.7.R.6.1<br>PE.7.M.1.3 PE.7.M.1.7 PE.7.R.5.4 PE.7.M.1.2 PE.7.C.2.4<br>PE.7.R.5.1 PE.7.R.5.2 PE.7.R.5.3 | 26 27 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 5: Land-Based Water Activities (1 week)   |   |  |  |  |  | APRIL 2018                      |                |  |  |  |  |                |  |  |  |  |  |
| 1 2 3          |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 6 7 8 9 10     |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 2 3 4 5 6      |  |  |  |  |  |
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| 27 28 29 30    |  |  |  |  |  | HE.7.C.1.8 PE.7.L.3.5 PE.7.R.5.1 PE.7.R.5.3 PE.7.R.6.1<br>PE.7.C.2.2 PE.7.M.1.6 PE.7.C.2.7 PE.7.C.2.8 PE.7.R.5.5<br>PE.7.R.6.3   | 23 24 25 26 27  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| DECEMBER 2017  |  |  |  |  |  | Unit 6: Recreational Games (3 weeks)   |   |  |  |  |  | MAY 2018                        |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
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| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
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| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
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| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
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| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
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| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 4 5 6 7 8      |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 7 8 9 10 11    |  |  |  |  |  |
| 11 12 13 14 15 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 14 15 16 17 18 |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 4 5 6 7 8      |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 7 8 9 10 11    |  |  |  |  |  |
| 11 12 13 14 15 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 14 15 16 17 18 |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 4 5 6 7 8      |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 7 8 9 10 11    |  |  |  |  |  |
| 11 12 13 14 15 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 14 15 16 17 18 |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 4 5 6 7 8      |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 7 8 9 10 11    |  |  |  |  |  |
| 11 12 13 14 15 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 14 15 16 17 18 |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
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| 11 12 13 14 15 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 14 15 16 17 18 |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
| 1              |  |  |  |  |  | Course Standards - CPALMS  |   |  |  |  |  | Essential Topics and Vocabulary |                |  |  |  |  |                |  |  |  |  |  |
| 4 5 6 7 8      |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 7 8 9 10 11    |  |  |  |  |  |
| 11 12 13 14 15 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 14 15 16 17 18 |  |  |  |  |  |
| 18 19 20 21 22 |  |  |  |  |  |  |   |  |  |  |  |                                 |                |  |  |  |  | 21 22 23 24 25 |  |  |  |  |  |
| 25 26 27 28 29 |  |  |  |  |  | PE.7.C.2.2 PE.7.C.2.4 PE.7.C.2.6 PE.7.C.2.9 PE.7.L.3.1<br>PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5<br>PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5  | 28 29 30  |  |  |  |  |                                 |                |  |  |  |  |                |  |  |  |  |  |
| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
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| NOVEMBER 2017  |  |  |  |  |  | Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis   |   |  |  |  |  | NOVEMBER 2018                   |                |  |  |  |  |                |  |  |  |  |  |
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