

# 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			1	2	3	4	5						
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			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			15	16	17	18	19			
21	22	23	24	25											22 23 24 25 26			22	23	24	25	26
28	29	30	31									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			5 6 7 8 9						1	2						
4	5	6	7	8								12 13 14 15 16			5	6	7	8	9			
11	12	13	14	15	Unit 3: Orienteering (2 weeks)			19 20 21 22 23			12				13	14	15	16				
18	19	20	21	22	Course Standards - CPALMS						Essential Topics and Vocabulary			19	20	21	22	23				
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	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			26	27	28								
					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							MARCH 2018						1	2			
					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										5 6 7 8 9							
2	3	4	5	6	PE.7.R.5.2 PE.7.R.5.5	Unit 4: Disc Golf (2 weeks)			12 13 14 15 16			5	6	7				8	9			
9	10	11	12	13	Course Standards - CPALMS			Essential Topics and Vocabulary				12	13	14	15	16						
16	17	18	19	20	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	Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVPA, Competency			19 20 21 22 23			19	20	21	22	23						
23	24	25	26	27	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							26 27 28 29 30			26	27	28	29	30			
30	31				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										APRIL 2018							
					PE.7.R.5.1 PE.7.R.5.2 PE.7.R.5.3							Unit 5: Land-Based Water Activities (1 week)						2 3 4 5 6				
6	7	8	9	10	Course Standards - CPALMS			Essential Topics and Vocabulary			2	3	4	5	6							
13	14	15	16	17	PE.7.M.1.7 PE.7.M.1.5 PE.7.M.1.4 PE.7.C.2.5 PE.7.L.3.3	Water Safety, Buoyancy, Riptide, Current, Undertow, PFD/Lifejacket, Swimmer, Lifeguard, Drowning, SPF, Fluids, Temperature, Heat Exhaustion, Heat Stroke, Dizziness, Hallucinations, Cramps, Waterway, Channel, Navigation, Skipper, Vessel, Safety, Ocean, Harbor, Angler, Nearshore, Offshore, Inshore, Gulf Coast, Reel, Rod, Line, Sinkers, Bobber, Lure, Bait, Overhead Cast, Canoe, Kayak, Safety Equipment, Life Jacket, Canoe, Paddle, Blade, Throat, Shaft, Grip/Handle, Stern, Bow, Port, Starboard, Hull, 3 points of contact, Entry, Power, Recovery, Feedback			16 17 18 19 20			9	10	11	12	13						
20	21	22	23	24	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							23 24 25 26 27			16	17	18	19	20			
27	28	29	30		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										30			23	24	25	26	27
					PE.7.R.6.3							MAY 2018										
				1	Unit 6: Recreational Games (3 weeks)			7 8 9 10 11							1	2	3	4				
4	5	6	7	8	Course Standards - CPALMS						Essential Topics and Vocabulary			7	8	9	10	11				
11	12	13	14	15	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			Cornhole, KANJAM, Bocce, Pallino, Jack, Dart, Target, Disc, Deflector, Bola, Pitch, Ringer, Badminton, Volleyball, Shuttlecock, Racquet, Paddleball, Paddle, Tetherball, Strategies, Competitive, Recreational, Perpendicular, 4-square, Strategy, Teamwork, Cooperation, Creation			14 15 16 17 18			14	15	16	17	18				
18	19	20	21	22										PE.7.R.6.1 PE.7.R.6.3 PE.7.M.1.7 MAFS.7.SP.3.5	21 22 23 24 25			21	22	23	24	25
25	26	27	28	29										PE.7.M.1.2 PE.7.M.1.4 PE.7.L.3.5 PE.7.R.5.5				28 29 30			28	29
DECEMBER 2017						Unit 7: PYFP/Being Fit Matters Post-Assessment - SMART Goal Analysis																
DWT DAY																						
DISTRICT-DEVELOPED COMMON ASSESSMENTS/REVIEW																						
NO CLASSES																						