

# Pinellas County Schools Middle School Physical Education

## 2017-2018 M/J Team Sports 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: Residential Youth Fitness Cognitive Unit (18 days)					JANUARY 2018									
	1	2	3	4	<a href="#">Course Standards - CPALMS</a>					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, 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, 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: Volleyball (2 weeks)					FEBRUARY 2018									
				1	<a href="#">Course Standards - CPALMS</a>					Essential Topics and Vocabulary								1	2
4	5	6	7	8	PE.7.C.2.1	PE.7.R.5.3	PE.7.C.2.6	PE.7.R.5.4	PE.7.M.1.6	Strategies; Teamwork; Power; Coordination; Rotation; Target; Control; Tournament; Forehand Pass; Set; Dig; Spike; Serve; Volley					5	6	7	8	9
11	12	13	14	15	PE.7.C.2.3										12	13	14	15	16
18	19	20	21	22											19	20	21	22	23
25	26	27	28	29	PE.7.C.2.3	PE.7.C.2.9	PE.7.M.1.8	PE.7.C.2.7	PE.7.C.2.1	Teamwork; Hand-Eye Coordination; Cardiorespiratory endurance; Hand-Eye Coordination; Strategy; Zone Defense; Forehand Throw; Backhand Throw; Disc; "Spirit of the Game"; Foul;					26	27	28		
					PE.7.C.2.6	HE.7.C.2.6	PE.7.M.1.1												
OCTOBER 2017					Unit 3: Ultimate Frisbee (2 weeks)					MARCH 2018									
2	3	4	5	6	<a href="#">Course Standards - CPALMS</a>					Essential Topics and Vocabulary								1	2
9	10	11	12	13	PE.7.R.5.2	PE.7.M.1.1	PE.7.R.5.3	PE.7.C.2.3	PE.7.C.2.9	Pass; Chest-Pass; Bounce-Pass; Layup; ; Hoop; Dribble; Finger-Pads; Level; B.E.E.F; Shoot; Offense; Defense; Zone Defense; Person-to Person Defense; Foul; Fraction					5	6	7	8	9
16	17	18	19	20	PE.7.L.3.4	PE.7.L.3.2	PE.7.M.1.2	PE.7.L.3.1	PE.7.C.2.1						12	13	14	15	16
23	24	25	26	27											19	20	21	22	23
30	31				<a href="#">Course Standards - CPALMS</a>					Essential Topics and Vocabulary					26	27	28	29	30
					PE.7.L.3.1	PE.7.L.3.2	PE.7.C.2.9	PE.7.C.2.1	PE.7.M.1.1	Manipulative; Vigorous; Strategy; Muscular Strength; Teamwork; Flexibility; Handball; Foul; Trap; Pass; Goalie; Midfield; Fullback; Forward; Shoot; Corner-Kick; Goal-Kick; Punt; Offense; Defense; In-Step; Throw-In; Goal									
NOVEMBER 2017					PE.7.R.6.3	PE.7.L.3.3	PE.7.M.1.2	PE.7.L.2.5	PE.7.C.2.3						APRIL 2018				
6	7	8	9	10	PE.7.L.3.4										2	3	4	5	6
13	14	15	16	17	<a href="#">Course Standards - CPALMS</a>					Essential Topics and Vocabulary					9	10	11	12	13
20	21	22	23	24	PE.7.C.2.7	PE.7.M.1.7	PE.7.C.2.9	PE.7.L.3.2	PE.7.M.1.3	Lacrosse; Cradling, Scoop; Pivoting; Overarm Throw; Moving to Pass; Checking; Keep-Away; Draw; Cutting; Dodging; Three-Second Rule; Outlet Pass; Goalkeeper; End line					16	17	18	19	20
27	28	29	30		PE.7.C.2.6	PE.7.C.2.3	PE.7.M.1.9	PE.7.L.3.2	PE.7.C.2.8						23	24	25	26	27
					PE.7.L.3.3	PE.7.L.3.1	PE.7.R.5.5								30				
DECEMBER 2017					Unit 7: Fitnessgram Post-Assessment - SMART Goal Analysis					MAY 2018									
				1	Fitnessgram Post-Assessment (Make-ups) - SMART Goal Analysis/Skill Reinforcement Week (Activity Choice)											1	2	3	4
4	5	6	7	8	DISTRICT-DEVELOPED COMMON ASSESSMENTS/REVIEW										7	8	9	10	11
11	12	13	14	15	Florida State Standards addressed throughout the each semester										14	15	16	17	18
18	19	20	21	22						21	22	23	24	25					
25	26	27	28	29						28	29	30							

DWT DAY

NO CLASSES