

## MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Speedball/Handball

MLR Content Standard:

- G. Movement/Motor Skills and Knowledge: Students demonstrate the fundamental and specialized movement skills and apply principles of movement for improved performance.
- 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 Indicators:

- G1 Stability and Force
- G2 Movement Skills
- G4 Skill Improvement
- 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><b>G1. Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</b></p> <p>b. Demonstrate how the point of contact changes the path of an object.  c. Demonstrate how the point of release changes the path of an object.  d. Demonstrate lifts and actions that decrease risk for injury.</p> <p><b>G2. Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</b></p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.  b. Combine manipulative skills with motor skills during drills or modified games/physical activities.</p> <p><b>G4. Students explain how specific, positive, and correct feedback affect skill improvement.</b></p> <p><b>H4 Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.</b></p> <p><b>I1 Students demonstrate cooperative and inclusive skills while participating in physical activities.</b></p> <p>a. Work together as a team.  d. Engage peers respectfully in activities.</p>	<p>Students will:</p> <p>Learn basic game skills and terminology.</p> <p>Learn rules of the game.</p> <p>Demonstrate cooperative and inclusive skills during play.</p> <p>Participate in game play.</p>	<p>Activities will include:</p> <p>Types of Passes  Shooting Skills  Offense and Defense Player Placement and Strategies  Goalkeeping  Modified Game Play</p> <p>Informal Assessment</p> <p>Instructional Resources:</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med &amp; Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. &amp; 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 &amp; Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p>

**I2. Students demonstrate responsible personal behaviors while participating in physical activities.**

**I3. Students describe game/physical activity rules and safety rules and their purposes.**

a. Explain the purposes for modifying playing rules in specified situations.