

Holt Public Schools

Physical Education Curriculum

Grades 7-8

Content Standard #1

Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

A. Students will learn the necessary skills needed to participate in the following modified games and outdoor activities:

- Basketball—**assess right and left hand lay-up shots**
- Soccer—**assess the instep kick**
- Speedball
- Flag Football
- Ultimate Frisbee
- Tennis—**assess the forehand and backhand shot**
- Volleyball—**assess the bump shot**
- Softball—**assess the overhand throw**
- Kickball
- Golf
- Water Polo

B. Students will learn the following aquatic skills:

- Front Crawl—**assess**
- Backstroke—**assess**
- Treading Water—**assess**
- Floating—**assess**
- Enter/Exit the pool independently
- Jumping into deep water—**assess**
- How to assist a distressed swimmer
- How to assist a choking victim
- How to get help

C. Students will learn to use skills and tactics during modified game play.

Content Standard #2

Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

- A. Students will learn the necessary strategies and tactics needed to participate in the following modified games and outdoor activities:
- Basketball
 - Soccer—**assess rules and strategies**
 - Speedball
 - Flag Football—assess rules and strategies
 - Ultimate Frisbee
 - Tennis—**assess rules and strategies**
 - Volleyball—**assess rules and strategies**
 - Softball—**assess rules and strategies**
 - Kickball
 - Golf
 - Water Polo
- B. Students will apply the knowledge of the following aquatic skills:
- Front Crawl
 - Backstroke
 - Treading Water
 - Floating—assess
 - Enter/Exit the pool independently
 - Jumping into deep water
 - How to assist a distressed swimmer
 - How to assist a choking victim
- C. Students will learn how to use prior knowledge and external feedback to improve their performance during skill use and modified games.

Content Standard #3

Participate regularly in lifelong physical activity.

- A. Students will accumulate time in during physical education class that is moderate to vigorous intensity while participating in the following physical activities:
- Team sports
 - Individual sports
 - Dual sports
 - Large group games and activities
- B. Students will participate in physical activities and modified game play that will allow them to apply learned skills and strategies.
- C. Students will be encouraged to participate in health-enhancing activities outside of physical education class and participate in the following health-enhancing activities during their physical education class:
- Aerobic and cardiovascular exercises
 - Strength building exercises
 - Flexibility exercises
 - Agility drills
 - Large group games

Content Standard #4

Achieve and maintain a health-enhancing level of physical fitness.

- A. Students will participate in the Presidential Physical Fitness Testing program to measure their muscular endurance, muscular strength, agility, flexibility and aerobic capacity.
- B. Students will monitor their performance and improvement in fitness-related activities.
- C. Students will learn and practice Personal Conditioning Concepts from the MIEPEC curriculum—**assess on final exam.**
- D. Students will learn how to monitor and adjust participation/effort based upon their heart-rate and their target heart-rate zone—**assess during class.**

Content Standard #5

Exhibit responsible personal and social behaviors that will demonstrate respect for self and others in physical activity settings.

A. Students will learn and display behaviors which exemplify each of the following personal/social character traits:

- Best effort—**assess**
- Responsibility—**assess**
- Cooperation—**assess**
- Compassion—**assess**
- Leadership
- Positive Behavior—**assess**
- Appropriate Participation—**assess**
- Constructive competition—**assess**

B. Students will learn the benefits of possessing each of the following personal/social character traits:

- Best effort
- Responsibility
- Cooperation
- Compassion
- Leadership
- Positive Behavior
- Appropriate Participation
- Constructive competition

Content Standard #6

Value physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

- A. Students will be encouraged to exercise regularly outside of physical education class for personal enjoyment and benefit.
- B. Students will be encouraged to participate in physical activities that are personally challenging.
- C. Students will learn how physical activity can provide a positive opportunity for social interaction as children and adults.
- D. Students will learn to accept individual differences in motor skills, physical appearance and personal/social behaviors.

