

## MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Kickball/Whiffleball

### **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.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

### **Performance Indicator:**

G1 Stability and Force

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>a. Demonstrate the principle of opposition.  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.</p> <p><b>I1. Students demonstrate cooperative and inclusive skills while participating in physical activities.</b></p> <p>a. Work together as a team.  b. Respond appropriately to peer pressure.  c. Manage conflict.  d. Engage peers respectfully in activities.</p> <p><b>I2. Students demonstrate responsible personal behaviors while participating in physical activities.</b></p> <p><b>I3. Students describe game/physical activity rules and safety rules and their purposes.</b></p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p>	<p>Students will:</p> <p>Describe and follow game and safety rules of play.</p> <p>Cooperatively and respectfully participate in modified game with peers.</p>	<p>Activities will include:</p> <p>Participate in a modified game (indoors and/or outdoors) of kickball or whiffleball.</p> <p>Assessment: Informal</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>