

## WEST DEPTFORD SCHOOL DISTRICT

|  |  |   |                |
|--|--|---|----------------|
|  |  |   |                |
| Content Area: Physical Education   |  |   |                |
| Course Title: 7th grade PE   |  |   | Grade Level: 7 |
|  |  |   |                |
| <b>Quarter 1</b>   |  |   | 9 weeks        |
| Activity 1: Run Program<br>Activity 2: Presidential Fitness Testing<br>Activity 3: Flag Football |  |   |                |
|  |  |   |                |
| <b>Quarter 2</b>   |  |   | 9 weeks        |
| Ball games   |  |   |                |
|  |  |   |                |
| <b>Quarter 3</b>   |  |   | 9 weeks        |
| Activity 1: Pillow-polo hockey<br>Activity 2: Volleyball<br>Activity 3: Fitness Circuits         |  |   |                |
|  |  |   |                |
| <b>Quarter 4</b>   |  |   | 9 weeks        |
| Activity 1: Presidential Fitness Testing<br>Activity 2: Kickball                                 |  |   |                |
|  |  |   |                |
| <i>Date Created: August 2022</i><br><i>Revised: August 2022</i>                                  |  | <i>Board Approved on: August 2022</i><br><i>Revised Board Approved: August 2022</i> |                |

**WEST DEPTFORD SCHOOL DISTRICT**  
**Seventh Grade PE Pacing Guide 2022 – 2023**

| <b>Quarter Number</b> | <b>Title</b>                 | <b>DATES</b>      | <b>Number of Days</b> |
|-----------------------|------------------------------|-------------------|-----------------------|
| 1                     | Run Program                  | September/October | +20                   |
|                       | Presidential Fitness Testing | September/October | +20                   |
|                       | Flag Football                | October/November  | +20                   |
|                       |                              |                   |                       |
| 2                     | Ball Games                   | November-January  | +20                   |
|                       |                              |                   |                       |
| 3                     | Pillow-polo hockey           | January-March     | +20                   |
|                       | Volleyball                   | January-March     | +20                   |
|                       | Fitness Circuits             | January-March     | +20                   |
|                       |                              |                   |                       |
| 4                     | Presidential Fitness Testing | April/May         | +20                   |
|                       | Kickball                     | May/June          | +30                   |

**WEST DEPTFORD SCHOOL DISTRICT**  
**Seventh Grade PE Pacing Guide 2022 – 2023**

| Quarter Number | Skill  | Instructional Period | Number of Days |
|----------------|--|----------------------|----------------|
| Q1             | <p><b><i>Run program, Fitness Tests, Football</i></b><br/>           -Combine and use movement and handling skills<br/>           -Refine individual and group activity skills<br/>           -Improve skill performance<br/>           Apply offensive and defensive<br/>           -Follow rules and safety procedures<br/>           -Analyze, and correct movements and apply to refine movement skills.<br/>           -Manage emotions during physical activity and demonstrate sportmanship</p> <p>-Use measurement assessment data to set personal fitness goals<br/>           -Apply basic training principles</p> | 9/12-11/18           | +-45           |
|                |  |                      |                |
| Q2             | <p><b><i>Ball games</i></b><br/>           -Combine and use movement and handling skills<br/>           -Refine individual and group activity skills<br/>           -Improve skill performance</p>   | 11/2022-1/2023       | +-20           |

|    |  |               |     |
|----|--|---------------|-----|
|    | <ul style="list-style-type: none"> <li>-Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportmanship</li> </ul>  |               |     |
|    |  |               |     |
| Q3 | <p><b><i>Pillow-polo, Volleyball, Fitness Circuits</i></b></p> <ul style="list-style-type: none"> <li>-Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> <li>Apply offensive and defensive</li> <li>-Follow rules and safety procedures</li> <li>-Analyze, and correct movements and apply to refine movement skills.</li> <li>-Manage emotions during physical activity and demonstrate sportmanship</li> </ul> | 1/2023-3/2023 | +45 |
|    |  |               |     |
| Q4 | <p><b><i>Kickball and Fitness Tests</i></b></p> <ul style="list-style-type: none"> <li>Combine and use movement and handling skills</li> <li>-Refine individual and group activity skills</li> <li>-Improve skill performance</li> </ul>   | 4/2023-6/2023 | +45 |

|  |   |  |  |
|--|---|--|--|
|  | <p>Apply offensive<br/>-and defensive<br/>-Follow rules<br/>and safety<br/>procedures<br/>-Analyze, and correct movements and apply<br/>to refine movement skills.<br/>-Manage emotions during physical activity<br/>and demonstrate sportsmanship</p> <p>-Use<br/>measurement<br/>assessment data<br/>to set personal<br/>fitness goals<br/>-Apply basic<br/>training principles</p> |  |  |
|--|---|--|--|

# WEST DEPTFORD SCHOOL DISTRICT

## PE Lesson Plan Format

{45 Minutes of Instruction}

### OPENING

5 minutes

- Warm-ups (independent)

### SETTING THE STAGE

5 minutes

*Objectives- Purpose of lesson and expectations*

*Equipment needed- What do we need to be successful?*

### TEACHER LED INSTRUCTION

10 minutes

*Activity- What is the activity?*

*Learning plan- Teacher led explanation/demonstration, safety concerns*

### STUDENT LED INSTRUCTION AND ASSESSMENT

25 minutes

*Performance task- Independent student led activity*

*Assessment- Teacher observation*