

Elizabethtown Area School District Curriculum

Related Arts

<b>Grade, Course:</b> 7/Basketball	
<b>Strand:</b> Participation in physical activity impacts wellness throughout a lifetime.	
<b>National Content Area Standards:</b> Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. Standard 5 – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	
<b>PA Content Area Standards:</b> <b>10.4.6.A:</b> Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. <b>10.4.6.F:</b> Identify and describe positive and negative interactions of group members in physical activities. leading following teamwork etiquette adherence to rules <b>10.5.6.F:</b> Identify and apply game strategies to basic games and physical activities. give and go one on one peer communication	
<b>PA Core Standards:</b> CC.3.5.6-8.A. Cite specific textual evidence to support analysis of science and technical texts.	
<b>Essential Questions:</b> What are the types of passing that can be used in basketball? What are the cues for shooting? What are the cues for dribbling?	<b>Understandings: Students will understand THAT . . .</b> The students will understand that including all teammates is crucial to success.

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<p><b><u>Knowledge:</u></b> Basic skills (dribbling, passing, shooting) Rules of the game</p>	<p><b><u>Skills:</u></b> Physically performing the basic skills (dribbling, passing, shooting).</p>
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Related Arts

**Grade, Course:** 7<sup>th</sup> & 8<sup>th</sup> Fitness and Weight Training

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<p><b>Strand:</b> Participation in physical activity impacts wellness throughout a lifetime.</p>	
<p><b><u>National Content Area Standards:</u></b> Standard 2 – The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. Standard 3 – The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Standard 5 – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</p> <p><b><u>PA Content Area Standards:</u></b> <b>10.4.6.A:</b> Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. <b>10.4.6.F:</b> Identify and describe positive and negative interactions of group members in physical activities.     leading     following     teamwork     etiquette     adherence to rules <b>10.5.6.F:</b> Identify and apply game strategies to basic games and physical activities.     give and go     one on one     peer communication <b>10.5.6.D:</b> Describe and apply the principles of exercise to the components of health- related and skill-related fitness.     cardiorespiratory endurance     muscular strength     muscular endurance     flexibility     body composition <b>10.5.9.D:</b> Identify and describe the principles of training using appropriate vocabulary.     specificity     overload     progression     aerobic/anaerobic     circuit/interval     repetition/set</p> <p><b><u>PA Core Standards:</u></b> CC.3.5.6-8.B. Determine the central ideas or conclusions of a text; provide an accurate summary of the text distinct from prior knowledge or opinions.</p>	
<p><b><u>Essential Questions:</u></b> What are the 5 components of fitness?</p>	<p><b><u>Understandings: Students will understand THAT . . .</u></b> The students will understand the benefits of weight training/fitness.</p>

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What is the difference between a rep and a set?	The students will understand that if using proper lifting technique, weight training is safe and beneficial for kids and their overall wellness.
<b>Knowledge:</b> Location of muscles Safe use of machines/weights Which machines work specific muscles	<b>Skills:</b> Demonstrate proper lifting techniques Modify machine exercise by using bands

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<b>Grade, Course:</b> 7&8 Hockey	
<b>Strand:</b> Participation in physical activity impacts wellness throughout a lifetime.	
<b><u>National Content Area Standards:</u></b>  <b><u>PA Content Area Standards:</u></b> <b>10.4.6.A:</b> Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. <b>10.4.6.F:</b> Identify and describe positive and negative interactions of group members in physical activities. leading following teamwork etiquette adherence to rules <b>10.5.6.F:</b> Identify and apply game strategies to basic games and physical activities. give and go one on one peer communication  <b><u>PA Core Standards:</u></b>	
<b><u>Essential Questions:</u></b> What safety measures do we take to ensure safe game play? What rules are used during our hockey game? Why is every team member valuable?	<b><u>Understandings: Students will understand THAT . . .</u></b> The students will understand that safety has to be the top priority. The students will understand that including all teammates is crucial to success.

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<p><b><u>Knowledge:</u></b> Safety is important Teamwork is crucial to success Physical activity can be fun Rules of the game</p>	<p><b><u>Skills:</u></b> Students will be able to demonstrate safety during game play Students will be able to include all team members Students will demonstrate puck and stick control.</p>
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<b>Grade, Course:</b> 7/Lacrosse
<b>Strand:</b> Participation in physical activity impacts wellness throughout a lifetime.



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<p><b><u>National Content Area Standards:</u></b>                  Standard 1 – The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <p><b><u>PA Content Area Standards:</u></b>  <b>10.4.6.A:</b> Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.  <b>10.4.6.F:</b> Identify and describe positive and negative interactions of group members in physical activities.                  leading                  following                  teamwork                  etiquette                  adherence to rules  <b>10.5.6.F:</b> Identify and apply game strategies to basic games and physical activities.                  give and go                  one on one                  peer communication</p> <p><b><u>PA Core Standards:</u></b></p>	
<p><b><u>Essential Questions:</u></b>                  What are the cues for passing?                  What are the cues for catching?                  What are the cues for shooting?</p>	<p><b><u>Understandings: Students will understand THAT . . .</u></b>                  Lacrosse requires cardiovascular endurance.                  Lacrosse requires hand/eye coordination.</p>
<p><b><u>Knowledge:</u></b>                  3 basic skills (passing, catching, shooting)                  Which one of the components of fitness is essential for playing lacrosse?                  Rules of the game</p>	<p><b><u>Skills:</u></b>                  Physically performing the basic skills (passing, catching, shooting)</p>

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<b>Grade, Course:</b> 7/ Soccer	
<b>Strand:</b> Participation in physical activity impacts wellness throughout a lifetime.	
<b>National Content Area Standards:</b> Standard 5 – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction	
<b>PA Content Area Standards:</b> <b>10.4.6.A:</b> Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. <b>10.4.6.F:</b> Identify and describe positive and negative interactions of group members in physical activities. leading following teamwork etiquette adherence to rules <b>10.5.6.F:</b> Identify and apply game strategies to basic games and physical activities. give and go one on one peer communication	
<b>PA Core Standards:</b>	
<b>Essential Questions:</b> What are the different ways of dribbling a soccer ball? What are the different ways of passing the ball?	<b>Understandings: Students will understand THAT . . .</b> The students will understand that including all teammates is crucial to success. Cardiovascular endurance is important for playing soccer. Foot/Eye coordination is important in soccer.

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<p><b><u>Knowledge:</u></b> Different styles of dribbling. Different ways of passing. Fitness components necessary for soccer Rules of the game</p>	<p><b><u>Skills:</u></b> Dribbling Passing Trapping the ball</p>
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<b>Grade, Course:</b> 7&8 World Games
<b>Strand:</b> Participation in physical activity impacts wellness throughout a lifetime.
<b>National Content Area Standards:</b> Standard 5 – The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
<b>PA Content Area Standards:</b>

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**10.4.6.A:** Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.  
**10.4.6.F:** Identify and describe positive and negative interactions of group members in physical activities.  
 leading  
 following  
 teamwork  
 etiquette  
 adherence to rules  
**10.5.6.F:** Identify and apply game strategies to basic games and physical activities.  
 give and go  
 one on one  
 peer communication

**PA Core Standards:**

**Essential Questions:**  
 In which country did this particular sport originate (Handball, Omnikin, Tchouckball, Broomball)?

**Understandings: Students will understand THAT . . .**  
 Not all of our sports originated in the United States.

**Knowledge:**  
 Know what country is responsible for the development of the sports that we are including in this unit.  
 The rules of the games that are used.

**Skills:**  
 Work as a team  
 Communication  
 Safe play  
 Development of strategies  
 Hand/Eye coordination

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