

# Calendar-Based Curriculum Map: Physical Education

## 7<sup>th</sup> and 8<sup>th</sup> Grade

	<b>August/September (week 1-5)</b>	<b>October (week 6-9)</b>	<b>November (week 10-13)</b>
<b>Essential Question</b>	<p>What safety equipment and precautions do we follow?</p> <p>How can you prevent and resolve conflicts in a physical activity setting?</p>	<p>What is the F.I.T. principle?</p> <p>What is the difference in health-related and skill-related fitness?</p>	<p>What are calories and why would it be important to monitor them?</p> <p>Why is a healthy diet important for you?</p>
<b>Content</b>	Safety and Rules	Fitness	Nutrition
<b>Skills</b>	HPE 2 & 4, NPE 5 & 2	HPE 4, NPE 4	HPE 2, NPE 3
<b>Assessments</b>	Demonstration and Quizzes	Quizzes	Quizzes
<b>Activities/Resources</b>	Soccer / Softball / Fitness Testing	Archery / Flag Football / Lifetime Sports	Jump Rope / Tennis and Pickle Ball / Floor Hockey

# Calendar-Based Curriculum Map: Physical Education

## 7<sup>th</sup> and 8<sup>th</sup> Grade

	<b>December (week 14-17)</b>		
<b>Essential Question</b>	What careers are available that applies to sports and being physically active?		
<b>Content</b>	Careers		
<b>Skills</b>	NPE 6		
<b>Assessments</b>	Quizzes		
<b>Activities/Resources</b>	Volley ball / Basket ball / Fitness Testing		