

St. Catherine of Siena Catholic School Physical Education

6th-8th Grade

Week	Unit	Skills				
Curriculum Overview	Introduction (4 days)	Present rules and procedures for class, define and demonstrate cooperation/communication/acceptance/respect/appreciation/assistance/trust through physical activities, prepare portfolios to be used all year				
	Cooperatives (8-10 days)	Demonstrate social skills needed to complete a variety of activities (communicate, problem solve, cooperate, trust, respect), Begin ASAP (Active as Soon as Possible) activities to increase fitness, learn and discuss heart rate zones, define aerobic capacity, self-assess heart rates, demonstrate proper form for pushups/curlups/lunges, self-assess muscular strength and endurance, define target heart rate zone, complete fitness activities to raise heart rate, complete self- assessment (Cooperatives Self-Check)				
	Volleyball (8 days)	Demonstrate forearm pass (bump) and overhead pass (set), learn and practice underhand serving, complete aerobic capacity circuit to increase heart rate, practice underhand and overhand serve with accuracy, complete serving challenges, complete volleyball skill stations to practice skills, learn resistance bands stations to increase muscular strength and endurance, combine volleyball skills to play a mini-game, complete unit test				
	Basketball (8 days)	Create aerobic capacity routines in squads and teach them to the rest of the class, practice ball handling skills, dribble and move in open space, demonstrate pivoting skills and passing skills, pass and receive with a partner, demonstrate offensive play and accurate passing, demonstrate individual defensive skills, develop offensive and defensive skills in a modified mini -game				
	Dance (8 days)	Review popular line dance Electric Slide, learn the Electric Slide Kick-boxing style, increase heart rate during activity and take pulse at the end, learn a portion of the Beat It! dance and teach it to their squad, cooperate with others, complete Cupid Shuffle dance, create a 4 wall line dance in squads and teach it to others, review and practice popular line dances, lead Aerobic Capacity routines as fitness activities, complete self-assessment				
	Hockey (8-10 days)	Demonstrate correct stick holding technique, dribble and trap hockey ball under control, improve muscular strength and endurance with resistance band workout, dribble with control in open space, demonstrate give and go offensive strategies, complete Hockey Adventure Race to practice a variety of hockey skills, review defensive positions and learn zone defense movements, practice face off skills, pass to others while eluding a defender, shoot on a goal, combine hockey skills and play a mini-game, lead Aerobic Capacity routines as fitness activities, cooperate with others, complete written hockey test				
	Softball (8 days)	Demonstrate overhand throw and 2-hand catch with a partner, practice catching pop flies and throwing to a partner, field ground balls and throw to a baseperson, learn and practice proper batting technique, practice base running, fielding, and throwing around the bases under pressure, pitch underhand to a partner, combine softball skills and play modified game, complete softball fitness activities				
	Football (8 days)	Review overhand throw and two hand catch, demonstrate lateral passing to a partner, throw and receive a forward pass with accuracy, learn and practice receiving patterns used in football, give and take hand-offs, demonstrate proper ball carrying techniques, practice flag-pulling and avoiding defenders, snap the ball to a receiver, demonstrate passing a receiver accurately, understand the rules of game play, practice playing various player positions (center, quarterback, receivers), demonstrate punting, combine football skills to play a mini-game, complete portfolios for the year				
		** other possible units not covered this year: Soccer, Racquets and Paddles, Flying Discs, Jump Rope, Track and Field				