

MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Climbing Wall

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:

- G2 Movement Skills
- G4 Skill Improvement
- I1 Cooperative Skills
- I2 Responsible Behavior
- I3 Safety Rules and Rules of Play

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| Performance | MSAD #54 | Instructional Resources/ |
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| Descriptor(s) | Objectives | Activities/Assessments |
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| <p>Students:</p> <p>G2 Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>G4 Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>I1 Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>b. Respond appropriately to peer pressure. d. Engage peers respectfully in activities.</p> <p>I2 Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>I3 Students describe game/physical activity rules and safety rules and their purposes.</p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p> | <p>Students will:</p> <p>Students will participate in activities that build muscular strength, balance, coordination, and flexibility as well as challenge the mind with problem solving, spatial awareness, and motor planning.</p> | <p>Activities will include:</p> <p>Review of proper climbing technique How to correctly wear a harness Climb and descend a portable climbing wall</p> <p>Assessment: Informal</p> <p>Instructional Resources:</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med & Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. & 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 & Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p> <p>Kristie LeBlanc Somerset Heart Health Physical Education Program Coordinator (207) 474-7473 x 204 kleblanc@rfg.net</p> |