






# Cornwall-Lebanon School District Curriculum Overview

## MS Physical Education – 6<sup>th</sup> – 8<sup>th</sup> Grade

 length of time in weeks	Concepts & Competencies	Common Assessments	Academic Standards (PA Core if applicable)
<b>Project Adventure</b>  2	<p style="text-align: center;"><b><u>Project Adventure (Grade 6)</u></b></p> <p>Students will participate in activities that improve developmental skills such as personal and group responsibility, self-discovery and relationship building, communication and collaboration, problem-solving and respect for individual differences.</p>	<ul style="list-style-type: none"> <li>➤ Teacher observation</li> </ul>	10.2.6D 10.3.6D 10.4.6F
<b>Invasion Sports</b>  13	<p style="text-align: center;"><b><u>Invasion Sports</u></b></p> <p>Students will learn how to attack as well as defend parts of the playing field with the purpose of scoring points.</p>	<ul style="list-style-type: none"> <li>➤ Performance Rubrics</li> <li>➤ Quizzes</li> <li>➤ Self-reflections</li> </ul>	10.5.6F 10.4.6A 10.5.9C 10.5.9F
<b>Swimming</b>  4	<p style="text-align: center;"><b><u>Swimming</u></b></p> <p>Students will learn about water safety. Students will also be introduced to beginner swimming strokes such as freestyle and backstroke.</p>	<ul style="list-style-type: none"> <li>➤ Safety Quiz</li> <li>➤ Stroke rubric</li> </ul>	10.4.9A
<b>Net Games</b>  4	<p style="text-align: center;"><b><u>Net Games</u></b></p> <p>Students will apply the components of skill-related fitness to movement performance.</p>	<ul style="list-style-type: none"> <li>➤ Performance rubric</li> <li>➤ Rules Quiz</li> </ul>	10.5.9A

<p><b>Individual Fitness</b></p>	<p><b>9</b></p> <p><b><u>Individual Fitness</u></b></p> <p>Students will be introduced to a variety of individual recreational activities. Emphasis will be on skills needed for safe successful participation. Students will also learn about equipment selection, proper use, care, and maintenance will also be included in each topic area through a hands on approach.</p>	<ul style="list-style-type: none"> <li>➤ Fitness Card</li> <li>➤ Fitness Testing</li> <li>➤ Fitness quiz</li> </ul>	<p>10.3.6D 10.4.6A</p>
<p><b>Mountain Biking</b></p>	<p><b>2</b></p> <p><b><u>Mountain Biking (Grade 7)</u></b></p> <p>Students will learn basic safety techniques for riding a mountain bike.</p>	<ul style="list-style-type: none"> <li>➤ Mountain Biking Quiz</li> <li>➤ Biathlon</li> </ul>	<p>10.4.9C</p>
<p><b>Softball</b></p>	<p><b>4</b></p> <p><b><u>Softball</u></b></p> <p>Students will learn about responsibility and safety during organized group activities.</p>	<ul style="list-style-type: none"> <li>➤ Performance Rubric</li> <li>➤ Rules Quiz</li> </ul>	<p>10.4.9D 10.4.9F 10.5.9C</p>