



School District of Horicon

Course Outline

Learning Targets

PE 7

UNIT: Team Building

- Identify how choices can impact others in a positive and negative way.
- Identify negotiation skills and conflict resolution strategies to resolve differences with teacher guidance.

UNIT: Fitness Testing

- Identify barriers related to maintaining a physically active lifestyle and seek solutions for eliminating those barriers

UNIT: Soccer

- Transition from offense to defense or defense to offense by recovering quickly
- Identify and perform a defensive play based on the situation

UNIT: Basketball

- Identify and perform at least one of the following offensive tactics to create open space: move to open space without the object; use a variety of passes, pivots, and fakes; give and go.
- Reduce open space on defense by making the body larger and reducing passing angles.

UNIT: Floor Hockey

- Strike an object with an implement with force in a variety of practice tasks.
- Shoot on goal with power during practice tasks.

UNIT: Racquet Sports

- Transfer weight with correct timing for the striking pattern.
- Create open space in net/wall games with either a long- or short-handled implement by varying force and direction.

UNIT: Volleyball

- Forehand volley with a mature form and control using a short-handled implement.
- Two-hand volley with control in a variety of practice tasks.

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UNIT: Softball/Baseball

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| <ul style="list-style-type: none">● Demonstrate a mature throwing pattern for a modified target activity during a practice task.● Strike an object with an implement with force in a variety of practice tasks. |
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UNIT: Track and Field

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| <ul style="list-style-type: none">● Identify ways to improve performance using teacher-generated criteria.● Describe and demonstrate a variety of appropriate static stretching techniques for all major muscle groups. |
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UNIT: Post Fitness Testing

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| <ul style="list-style-type: none">● Identify barriers related to maintaining a physically active lifestyle and seek solutions for eliminating those barriers● Set and monitor a self-selected physical activity S.M.A.R.T. goal for aerobic and muscle- and bone-strengthening activity based on current fitness level. |
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Students will be able to meet the learning targets above as evidenced by formative and summative classroom assessments.