



Course Outline: Middle School Team Sports (7th)

Purpose: The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of the course.

Standards: MS Team Sports CPALMS Standards

Length: 18 Week Course - 16 weeks of instruction + 2 weeks for opportunities for reteach and interruptions

Textbook Resources: N/A

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MS 7th Grade Team Sports – Broward County Public Schools

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Weeks	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-2	Introduction to class Unit 1: Introduction and Cooperative	<p>Introduction to Fitness</p> <p>Introduction to Class: Class norms/expectations, locker rooms, teamwork, cooperation, sportsmanship, etiquette, safety</p> <p>Physical Education Components: Moderate and Vigorous Physical Activity, Cooperation, Teamwork, Leadership, Communication Skills</p> <p>Health Education Components: Safe/Smart Physical Activity, Lifestyle Physical Activity, Health Related Fitness Components</p>	<p>PE.7.M.1.7, 1.8 PE.7.C.2.6 PE.7.L.3.1, 3.3, 4.1, 4.2, 4.3 PE.7.R.5.1, 5.2, 5.3, 5.4, 5.5, 6.2</p> <p>HE.7.PHC.1.3, 3.2, 3.3, 3.5, 3.6 HE.7.CH.3.2</p> <p>MA.K12.MTR.1.1 ELA.K12.EE.2.1, 3.1</p>	Canvas Resources

3-4	Unit 2: Fitnessgram and Health Related Fitness	<p align="center"><i>Fitnessgram and Fitness Combine</i></p> <p>Physical Education Components: Health, Physically Active Lifestyle, Benefits, Health Related-Fitness, Physical Fitness, Skill Related Fitness, MVPA, Heart Rate, Principles of Training, FITT, Specificity, Overload, progression, Aerobic, Anaerobic, Fluid Loss, Heat Illness, SMART Goal</p> <p>Health Education Components: Goal Setting, Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness</p>	<p>PE.7.M.1.7, 1.8, 1.9 PE.7.C.2.6, 2.8 PE.7.L.3.1, 3.2, 3.3, 3.6, 4.1, 4.2, 4.3 PE.7.R.5.1, 5.2, 5.3, 5.4, 5.5, 6.2</p> <p>HE.7.PHC.1.3, 3.2, 3.5, 3.6 HE.7.CH.3.2</p> <p>MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1, 5.1 ELD.K12.ELL.SI.1</p>	Canvas Resources
5-6	Unit 3: Volleyball/ Beach Volleyball	<p align="center"><i>Volleyball</i></p> <p>Physical Education Components: Strategies, Teamwork, Power, Coordination, Rotation, Target, Control, Tournament, Forearm Pass, Set, Spike, Dig, Underhand Seve, Overhand Serve, Volley, Ace, 3 hit attack, Clockwise, Ready Position, Boundaries, Violation, Fault Scoring</p> <p>Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness</p>	<p>PE.7.M.1.1, 1.2, 1.3, 1.6, 1.7, 1.9 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8 PE.7.L.3.1, 3.3, 3.5 PE.7.R.5.3, 5.5, 6.2</p> <p>MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1</p>	Canvas Resources

7-8	Unit 4: Flag Football & Rugby	<p style="text-align: center;">Flag Football & Rugby</p> <p>Physical Education Components: Quarterback, Receiver, Running Back, Center, snap, huddle, play formation, line of scrimmage, flag guarding, 50 yard line, end zone, block, pylon, post, flag, 1st down, downs, possession, punt, field goal, touchdown, violation, play, blitz/rush, offense, defense, incomplete, interception, fair play, sportsmanship, Try, Conversion, Penalty Goal, Drop Goal, Line-Out, Offside, Punt, Place Kick, Throw-In</p> <p>Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness</p>	<p>PE.7.M.1.1, 1.2, 1.3, 1.6 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8, 2.9 PE.7.L.3.1, 3.3, 3.4, 3.5 PE.7.R.5.2, 5.3, 5.5, 6.2, 6.3</p> <p>MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1</p>	Canvas Resources
9-10	Unit 5: Basketball	<p style="text-align: center;">Basketball</p> <p>Physical Education Components: Chest pass, bounce pass, overhand pass, layup, hoop, dribble, finger pads, level, BEEF, Shoot, Jump Shot, Free throw, offense, defense, zone, person to person, foul, violation, technical foul, 3 second rule, key boundaries, screen/pick, court, guard, center, 3 point, travel double dribble, scoring.</p> <p>Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular</p>	<p>PE.7.M.1.1, 1.2, 1.3, 1.6 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8, 2.9 PE.7.L.3.1, 3.3, 3.4, 3.5 PE.7.R.5.2, 5.3, 5.5, 6.2</p> <p>MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1</p>	Canvas Resources

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		Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness	ELD.K12.ELL.SI.1	
11-12	Unit 6: Soccer	<p style="text-align: center;">Soccer</p> <p>Physical Education Components: Manipulative, vigorous, strategy, muscular strength, teamwork, flexibility, handball, foul, trap, pass, goalie, midfield, fullback, forward, shoot, corner-kick, goal kick, punt, offense, defense, in-step, throw in, goal, cardiovascular endurance, penalty, free kick</p> <p>Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness</p>	<p>PE.7.M.1.1, 1.2, 1.3, 1.6 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8, 2.9 PE.7.L.3.1, 3.2, 3.3, 3.4, 3.5 PE.7.R.5.2, 5.3, 5.5, 6.2</p> <p>MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1</p>	Canvas Resources

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13-14	Unit 7: Sports from other cultures	<p>Physical Education Components: Lacrosse, Floorball, Handball, Frisbee, cradling, scoop/groundball, pivoting, overarm throw, moving to pass, checking, keep-away, cutting, draw, dodging, three-second rule, outlet pass, goalkeeper, end line, possession, fair play, sportsmanship, integrity, rules, boundaries. Forehand, Backhand. Free-Throw, Offense, Defense, Dribble.</p> <p>Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness</p>	<p>PE.7.M.1.1, 1.2, 1.3, 1.6, 1.7, 1.9 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8, 2.9 PE.7.L.3.1, 3.2, 3.3, 3.5 PE.7.R.5.5, 6.1, 6.3</p> <p>MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1</p>	
15-16	Unit 8: Fitnessgram Post Test, Cumulative Review, Final Exam, End of Semester Celebration	<i>Fitnessgram Post Tests, Cumulative Review, Final Exam, End of Semester Celebration</i>		Canvas Resources

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)

Course Standards Directory

Name	Description	Unit
PE.7.C.2.1:	Identify the basic rules for team sports.	3, 4, 5, 6, 7, 8
PE.7.C.2.3:	Explain basic offensive and defensive strategies in modified games or activities and team sports.	3, 4, 5, 6, 7, 8

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PE.7.C.2.6:	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	1, 2, 3, 4, 5, 6, 7, 8
PE.7.C.2.7:	Identify the critical elements for successful performance of a variety of sport skills.	3, 4, 5, 6, 7, 8
PE.7.C.2.8:	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	2, 3, 4, 5, 6, 7, 8
PE.7.C.2.9:	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	4, 5, 6, 7, 8
PE.7.L.3.1:	Participate in moderate physical activity on a daily basis.	1, 2, 3, 4, 5, 6, 7, 8
PE.7.L.3.2:	Participate in vigorous physical activity on a daily basis.	1, 2, 6, 7, 8
PE.7.L.3.3:	Participate in a variety of team sports, outdoor pursuits and aquatics activities that promote health-related physical fitness.	1, 2, 3, 4, 5, 6, 7, 8
PE.7.L.3.4:	Identify the in-school opportunities for participation in team sports, outdoor pursuits and aquatics activities.	3, 4, 5, 6
PE.7.L.3.5:	Identify the community opportunities that promote team sports, outdoor pursuits and aquatics activities.	3, 4, 5, 6, 7
PE.7.L.3.6:	Identify a variety of team sports, outdoor pursuits and aquatics activities that promote stress management.	2, 8
PE.7.M.1.1:	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	3, 4, 5, 6, 7

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PE.7.M.1.2:	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	3, 4, 5, 6, 7
PE.7.M.1.3:	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	3, 4, 5, 6, 7
PE.7.M.1.6:	Demonstrate the critical elements in specialized skills related to a variety of team sports or outdoor pursuits activities.	3, 4, 5, 6, 7
PE.7.M.1.7:	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	1, 2, 3, 7
PE.7.M.1.8:	Apply technology to evaluate, monitor and improve individual skill performance.	1, 2
PE.7.M.1.9:	Demonstrate principles of biomechanics necessary for safe and successful performance.	2, 3, 7
PE.7.R.5.1:	Identify situations in which peer pressure could negatively impact one's own behavior choices.	2, 3
PE.7.R.5.2:	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	1, 2, 4
PE.7.R.5.3:	Demonstrate responsible behaviors during physical activities.	1, 2, 3, 4
PE.7.R.5.4:	List examples of appropriate personal, social and ethical behaviors that apply to specific physical activities.	1, 2

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PE.7.R.5.5:	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	1, 2, 3 ,4 ,5, 6, 7
PE.7.R.6.1:	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	2, 3, 4, 5, 6, 7
PE.7.R.6.2:	Discuss the potential benefits of participation in a variety of physical activities.	1, 2, 3
PE.7.R.6.3:	Participate in games, sports and/or physical activities from other cultures.	4, 7
PE.7.L.4.1:	Create, implement and assess a personal fitness program in collaboration with a teacher.	1, 2
PE.7.L.4.2	Develop goals and strategies for a personal physical fitness program.	1, 2
PE.7.L.4.3	Use available technology to assess, design and evaluate a personal physical-activity plan.	1, 2
MA.K12.MTR.1.1:	Actively participate in effortful learning both individually and collectively.	1
MA.K12.MTR.7.1:	Apply mathematics to real-world contexts.	2-9
ELA.K12.EE.3.1:	Make inferences to support comprehension.	ALL
ELA.K12.EE.4.1:	Use appropriate collaborative techniques and active listening skills when engaging in discussions in a variety of situations.	2-9

<u>ELD.K12.ELL.SI.1:</u> English language learners communicate for social and instructional purposes within 2-9 the school setting.
