

2016-2017 PIJH 7th Grade BOYS PHYSICAL EDUCATION CURRICULUM MAP

<p>Unit 1 (Aug22-Sept2) 2wks</p> <p>Conditioning TEKS: 1A, 1C, 1G, 2B, 2C, 2D, 2E, 2F, 3C, 3D, 3E, 4B, 4C, 4D, 4G, 5B, 5C, 5D,6A, 7B, 7C, 7E</p> <p><u>Target Areas</u></p> <ul style="list-style-type: none"> • Cardiovascular Endurance <ul style="list-style-type: none"> ➤ Long/Short distance running ➤ Heart Rate Monitoring • Fitness Stations <ul style="list-style-type: none"> ➤ Jump ropes, squat jumps, jumping jacks, running in place, high knees • Muscular Endurance <ul style="list-style-type: none"> ➤ Abdomen *Curl-ups ➤ Upper Body *Push-ups <p>CATCH Cards: 27-80, 237-327</p>	<p>Unit 2 (Sep5-Oct14) 6wks</p> <p>Football TEKS: 1A, 1B, 1C, 1F, 1G, 2A, 2B, 2C, 2D, 2E, 2F, 2G, 3C, 3D, 4F, 4G, 4H, 4I, 5A, 5B, 5C, 5D, 5E, 6A, 6B, 7A, 7B, 7C, 7D, 7E</p> <p><u>Target Areas</u></p> <ul style="list-style-type: none"> • Understand the rules, regulations, and procedures of the game • Stance/Alignment • Foot Work • Offense- basic alignment/numbering system/positions • Throwing/Catching • Ball Handling • 4-3 Defense/Intro • Stance/Techniques/Positions <p>CATCH Cards: 446-455</p>	<p>Unit 3 (Oct17-Nov4) 3wks</p> <p>Conditioning TEKS: 1A, 1C, 1G, 2B, 2C, 2D, 2E, 2F, 3C, 3D, 3E, 4B, 4C, 4D, 4G, 5B, 5C, 5D,6A, 7B, 7C, 7E</p> <p><u>Target Areas</u></p> <ul style="list-style-type: none"> • Cardiovascular Endurance <ul style="list-style-type: none"> ➤ Long/Short distance running ➤ Heart Rate Monitoring • Fitness Stations <ul style="list-style-type: none"> ➤ Jump ropes, squat jumps, jumping jacks, running in place, high knees • Muscular Endurance <ul style="list-style-type: none"> ➤ Abdomen *Curl-ups ➤ Upper Body *Push-ups <p>CATCH Cards: 27-80, 237-327</p>	<p>Unit 4 (Nov7-Dec16) 6wks</p> <p>Basketball TEKS: 1A, 1B, 1C, 1F, 1G, 2A, 2B, 2C, 2D, 2E, 2F, 2G, 3C, 3D, 4F, 4G, 4H, 4I, 5A, 5B, 5C, 5D, 5E, 6A, 6B, 7A, 7B, 7C, 7D, 7E</p> <p><u>Target Areas</u></p> <ul style="list-style-type: none"> • Understand the rules, regulations, and procedures of the game • Basic offensive concepts • Names/ Areas of the Court • Proper dribbling, passing, shooting • Proper lay-up form (right and left) • Defensive Techniques/Concepts <p>CATCH Cards: 376-393</p>
<p>Unit 5 (Jan2-Jan13) 2wks</p> <p>Conditioning: TEKS: 1A, 1C, 1G, 2B, 2C, 2D, 2E2F, 3C, 3D, 3E, 4B, 4C, 4D, 4G, 5B, 5C,5D,6A, 7B, 7C, 7E</p> <p><u>Target Areas</u></p> <ul style="list-style-type: none"> • Cardiovascular Endurance <ul style="list-style-type: none"> ➤ Long/Short distance running ➤ Heart Rate Monitoring • Fitness Stations <ul style="list-style-type: none"> ➤ Jump ropes, squat jumps, jumping jacks, running in place, high knees • Muscular Endurance <ul style="list-style-type: none"> ➤ Abdomen *Curl-ups ➤ Upper Body *Push-ups <p>CATCH Cards: 27-80, 237-327</p>	<p>Unit 6 (Jan16-Feb24) 6wks</p> <p>Cooperative Games TEKS: 1A, 1B, 1C, 1F, 1G, 1H, 1L, 2A, 2D, 2E, 2B, 3A, 3B, 4B, 5A, 5B, 5C, 5D, 6A, 6B, 7B, 7D</p> <p><u>Target Area</u></p> <ul style="list-style-type: none"> • Jump Ropes • Frisbee • Golf • Hoops <p>CATCH Cards: 27-129, 237-327, 360-374, 430-468</p>	<p>Unit 7 (Feb27-Apr7) 6wks</p> <p>Cooperative Games TEKS: 1A, 1B, 1C, 1F, 1G, 1H, 1L, 2A, 2D, 2E, 2B, 3A, 3B, 4B, 5A, 5B, 5C, 5D, 6A, 6B, 7B, 7D</p> <p><u>Target Area</u></p> <ul style="list-style-type: none"> • Circuit Training • Kick Ball • Soft Ball • Badminton • Flying Disc <p>CATCH Cards: 27-80, 237-327, 360-393, 486-514</p>	<p>Unit 8 (Apr10-May 19) 6wks</p> <p>Cooperative Games TEKS: 1A, 1B, 1C, 1F, 1G, 1H, 1L, 2A, 2D, 2E, 2B, 3A, 3B, 4B, 5A, 5B, 5C, 5D, 6A, 6B, 7B, 7D</p> <p><u>Target Area</u></p> <ul style="list-style-type: none"> • Circuit Training • Football • Basketball • Flying Disc • Soccer <p>CATCH Cards: 27-80, 237-327, 470-484</p>

*Subject to Change depending on Student(s)' needs.