

Grade 6-8 Physical Education

Diary map is based on the 2015-2016 school year. Information may change year to year. Months are guidelines and items may be done at different times of the year.

Month	Essential Questions	Content	Skills	Assessment	Resources	Technology
Aug. – Sept.	Why are throwing and catching skills important?	-Throwing and catching -Whiffle ball -Kickball	Perform the following skills: -Underhand toss -Overhand throw -Pitching -Hitting Stance -Defensive positioning -Base running	-Teacher Observation -Skills test -Game-play	-Wiffle balls -Kickballs -Bases -Poly Spots -Cones	-iPod -iPad -Apple TV -Projector YouTube videos: - <i>Fielding and Throwing</i> - <i>Baseball Swing</i>
Oct.	Why are passing and kicking important? How does football benefit physical fitness?	-Passing and kicking -Football	Perform the following skills: -Direct Snap from line of scrimmage -Running with football in the open field -Running with defenders -Forward Pass -Kick-off -Field Goal	-Teacher Observation -Skills test -Relay -Game-play -Football Quiz (Kahoot.it)	-Footballs -Kicking Tees -Poly Spots -Cones -Jerseys	-iPod -iPads -Apple TV -Projector -Kahoot.it
Nov.	Why is throwing a Frisbee important? How does Ultimate Frisbee benefit physical fitness?	-Ultimate Frisbee	Perform the following skills: -Backhand Frisbee Throw -Pull -Forehand Frisbee Throw -Hammer Throw	-Teacher Observation -Group -Relay -Game-Play	-Frisbees -Poly Spots -Cones -Jerseys	-iPod -iPad -Apple TV -Projector YouTube videos: - <i>How to Throw a Frisbee</i> - <i>How to Perform the Pull</i>
Dec.	Why are hitting and passing important? How does volleyball benefit physical fitness?	-Volleyball	Perform the following skills: -Ready Position/Athletic Stance -Bump/Pass -Set -Underhand Serve	-Teacher Observation -Group -Game-Play -Volleyball Quiz (Kahoot.it) -Volleyball Skillastic Game	-Volleyballs -Volleyball Net -Volleyball Carriers -Cones -Spiking Pole	-iPod -iPad -Apple TV -Projector wikiHow.com: -How to Bump a

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			<ul style="list-style-type: none"> -Overhand Serve -Dig -Spike -Rotations 	<ul style="list-style-type: none"> -Skills test 		<ul style="list-style-type: none"> Volleyball -How to Set a Volleyball -How to Serve a Volleyball -How to Spike a Volleyball -Kahoot.it
<p>Jan. - Feb.</p>	<p>How does basketball benefit physical fitness?</p> <p>Why is basketball good for your heart?</p> <p>How does jumping rope benefit physical fitness?</p> <p>Why is jumping rope good for your heart?</p>	<p>-Dribbling, Passing, Shooting, and Defending in basketball</p> <p>-Jumping rope</p> <p>-Five for Life</p> <p>-Heart Facts</p>	<p>Perform the following skills:</p> <ul style="list-style-type: none"> -Athletic Stance/Ready Position -Belt High Dribble -Crab Dribble -Dribbling w/ Defenders -Pivot Foot -Opening and Closing gate -Triple Threat -Chest Pass -Bounce Pass -Passing around defender -Jump Shot -Lay-up -Defensive stance <p>Perform the following skills:</p> <ul style="list-style-type: none"> -Standing Long Jump -Running Long Jump -Jump back and forth while a rope is on the ground "Bell Jump" -Jump over a rope while it is in two student's hands 	<ul style="list-style-type: none"> -Teacher Observation -Group -Relay -Game-play -Skills Test -Kahoot.it Basketball Quiz -Basketball Skillastic Game 	<ul style="list-style-type: none"> -Basketballs -Basketball Hoops -Cones -Basketballs -Jerseys -Jump ropes -Long Jump Ropes -Jump Rope for Heart materials and Volunteer's Guide 	<ul style="list-style-type: none"> -iPod -iPad -Apple TV -Projector -YouTube Videos -Kahoot.it -Boombox

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	How do diet, exercise, and good/bad habits impact the body?		-Jump in while rope is being turned -Jumping rope			
March	How does golf benefit physical fitness?	-Golf -Life Long Activity	Perform the following skills: -Safety -Golf Etiquette -Putting (short and long) -Reading Green -Hitting off a tee -Knee to Knee -Full Swing	-Skills test -Teacher Observation -Hitting Targets -Longest Drive Competition	-SNAG Golf Set -Tennis Balls -Putters -Irons -Hula Hoops -Cones -Launching Tee -Targets	-Boombox (Bluetooth)
April	How does tennis benefit physical fitness?	-Hitting with racket (Tennis and Pickleball)	Perform the following skills: -Serve -Ground Strokes (Forehand and Backhand) -Volley "Punch" -Overhead "Smash" -Pickle Ball -Underhand Serve (Pickle Ball)	-Teacher Observation -Hitting a tennis ball out of the air -Hitting a bouncing tennis ball -Serving a tennis ball -Around the World	-Tennis Nets -Tennis Rackets -Tennis Balls -Poly Spots -Colored Cones -Pickle Ball Paddles -Pickle Balls	-Boombox (Bluetooth)
May	How does soccer benefit physical fitness?	-Kicking, Passing, Striking	Perform the following skills: -Foundation -Boxes -Bell Dance -Dribbling -Pull Back -Passing -Trapping -Striking	-Teacher Observation -Skills test -Written test -Marbles -Regulation Soccer Game -Mini Games	-Cones (Large & Small) -Colored Cones -Colored Soccer Balls -Jerseys	-Boombox (Bluetooth)

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	<p>How is team building an important part of physical fitness?</p> <p>How are physical fitness skills used in competition?</p>	<p>-Team building -Olympic Games</p>	<p>-Drop Kick -Throw-Ins</p> <p>Perform the following skills: -Collaborative work -Game play -Rules and strategies -Rubric -Running -Javelin -Discus -Tug of War</p>	<p>-Skills Test -Teacher Observation</p>	<p>-St. Jude Laps for Life fundraiser materials</p>	