

PRESCOTT UNIFIED SCHOOL DISTRICT
2020-2021 7th-8th Grade Physical Education DIGS (Covid)

Grade Level: 7th-8th	Subject: Physical Education	Time: Quarter 1 & 2	Core Text: NA
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Time	Topic	Content (Nouns)	Skills (Verbs)	Standards
9 weeks (1 each week) (Online only)	Online Activity Logs	-Components of Fitness -SHAPE standards of health and P.E. -Live meet sessions -Google classroom	Warm-ups, bodyweight exercises Journal/reflection Recreation Health Concepts Fitness Focus	S3.M1.8 S3.M3.7 S3.M6.7 S5.M2.8
5 weeks (blended) hybrid	Orienteering	-Map and compass -Controls -Features	-Directions N,S,E,W -navigating terrain -Describing terrain features (creeks, bridge, grass, dirt, fence, etc...)	S1.M1.7 S1.M1.8 S2.M6.8
5 weeks (blended with above) hybrid	Disc golf	-Targets -Stance -Scoring	-Side to target -Release -Par score system -Golf etiquette: one at a time, call out score, mulligans	S1.M1.7 S1.M1.8 S2.M6.8
Tentative In-Person	After hybrid			
4 weeks	Badminton	-Singles practice -Doubles -Defensive games		S1.M1.8 S2.M6.8
4 weeks	Fencing	-Equipment -History -Movement		S1.M1.8 S2.M6.8 S3.M6.7

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				S5.M2.8
9 weeks	Fitness	-Fitness testing -Conditioning -Pre/post testing	-FitnessGram fitness testing categories	S1.M2.8 S1.M6.8 S1.M5.7
2 weeks	Multicultural games	-History -Eskimo stick pull -Tug of war -Kitanzi	-Hoop rolling with traveling skills -Spatial awareness -Cooperation among class/group	S1.M2.8 S2.M1.7 S5.M5.7

Grade Level: 7-8	Subject: Physical Education	Time: Quarter 2	Core Text:
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Time	Topic	Content (Nouns)	Skills (Verbs)	Standards

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