

MODESTO CITY SCHOOLS COURSE OUTLINE

Course Title	Comprehensive PE – Grades 7 and 8 OLL	
Course Number	OLL (S1)	OLL (S2)
Recommended Grade	<input checked="" type="checkbox"/> 7 <input checked="" type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/> 12	
Duration	<input type="checkbox"/> Quarter <input checked="" type="checkbox"/> Semester	
Credit	<input type="checkbox"/> 2.5 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10	
Repeatable for Credit	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
Required for Graduation	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Meets Graduation Requirement	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
CALPADS Course Number	9311	
CALPADS Course Name	Physical Education (Departmentalized 6-8)	
Meets UC/CSU Requirements	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which area? <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G N/A	
CTE Course	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
CTE Course Level	<input type="checkbox"/> Introduction <input type="checkbox"/> Concentrator <input type="checkbox"/> Capstone N/A	
Part of a Course Pathway	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, which pathway?	
Credential Requirements		
Replaces	N/A	
Recommended Prerequisites	N/A	
Aligned to Standards Date		
Content Delivery Method	<input type="checkbox"/> Instructor Led <input checked="" type="checkbox"/> Online Provider Modesto Virtual Academy	
Other Information		
Board Approval Date		
Implementation Date	Fall 2020	

Course Description:

Required Text(s): (Title, Publisher, Year):

Supplementary Materials(s):



Course Name: Middle School Comprehensive PE Grade 7/8 v17

Course Credit: 0.5

Course Estimated Completion Time: 1 Segment/12-16 weeks

Course Description: Team sports, extreme sports, and outdoor sports are among the types of activities students learn about and participate in during this course! This interactive, highly animated course helps students learn safety rules for exercise, how to improve skills, and how to establish and accomplish goals. It also provides an overview of many dual, team, extreme, and outdoor sports. Students have the opportunity to earn a national award by participating in the Presidential Fitness Challenge. Practicing game strategy to improve the chance of winning in competition, improving sport skill and performance, diversity in sports, nutrition, peer pressure, and making good choices balance out the topics students discover in this course. Fitness logs help students monitor physical activities. Students complete projects that lead to the knowledge, skills, and values they need to implement and maintain a physically active lifestyle.

Prerequisites:

Honors Lessons: No

Course Profile (Includes Honors, if applicable)

Type of Assessment	Quantity	Location(s)
Teacher-graded	23	
Auto-graded	2	2.06, 3.05
Partial Auto-graded	1	
Discussion-Based (DBA)	5	2.06, 4.06, 5.06
Collaboration	1	
Project-based	6	2.02, 2.05, 2.06, 3.05, 4.04, 5.06
Total Assessments	26	

Types of Assessments (Includes Honors, if applicable)

Type of Assessment	Available	Type of Assessment	Available
Multiple Choice	Yes	Essay	
Worksheets		Collaborative	Yes
Web 2.0		Short Response	
Project - Based	Yes	Labs	
Self - Check	Yes	DBAs	Yes

Scope and Sequence

Fitness Zone

- Introduction to Physical Fitness
- Safety First
- Warming Up and Cooling Down
- Health-Related Components of Fitness
- Cardiovascular Activity
- Heart Rate and Exercise
- FITT Training Principles

Skill Zone

- Do You Have Skills?
- Speed, Agility, and Reaction Time
- Balance and Coordination
- Power
- Body Mechanics
- Play by the Rules
- Aquatics
- Outdoor Pursuits

Team Zone

- Playing with Others
- Be a Good Sport
- Dual Activities
- Alternate and Extreme Activities
- Team Sports
- Winning Strategies

Lifestyle Zone

- Fitness Opportunities
- Getting to Your Goals
- Peer Pressure
- Sportsmanship
- Diversity Through Sports
- Nutrition

Health Zone

- Health Risks
- Health Information, Products and Services
- Making Healthy Decisions
- Enhancing One's Health

- Positive and Negative Health Influences from Family, Peers, and Culture
- Positive Health Choices