

MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Snowshoeing

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the fundamental and specialized movement skills and apply principles of movement for improved performance.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G2 Movement Skills

G3 Skill-Related Fitness Components

I2 Responsible Behavior

Performance	MSAD #54	Instructional Resources/
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Descriptor(s)	Objectives	Activities/Assessments
<p>Students:</p> <p>G2. Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>G3. Students describe the following skill-related fitness components: balance, coordination, agility, speed, and power.</p> <p>I2. Students demonstrate responsible personal behaviors while participating in physical activities.</p>	<p>Students will:</p> <p>Become familiar with terminology and anatomy of a snowshoe.</p> <p>Correctly fit shoes and participate in snowshoeing activity on school grounds with peers.</p>	<p>Activities will include:</p> <p>Snowshoeing on RSU #54/MSAD #54 grounds.</p> <p>Assessment: Informal</p> <p>Instructional Resources:</p> <p>Winter Kids: Outdoor Learning Curriculum, Teacher's Edition. Fourth Ed. Portland, ME: 2004.</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med & Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. & Landy, M.J. (1993) Ready-to-Use P.E. Activities for Grades 7-9. New York: Parker Publishing Company</p> <p>Lumsden, K. (2001) P.E. Games & Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p> <p>Kristie LeBlanc Somerset Heart Health Physical Education Program Coordinator (207) 474-7473 x204 kleblanc@rfgh.net</p>