

MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Bowling

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:

G1 Stability and Force

I1. Cooperative Skills

I2. Responsible Behavior

I3. Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students:</p> <p>G1 Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <p>c. Demonstrate how the point of release changes the path of an object.</p> <p>I1 Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>b. Respond appropriately to peer pressure. d. Engage peers respectfully in activities.</p> <p>I2 Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>I3 Students describe game/physical activity rules and safety rules and their purposes.</p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p>	<p>Students will:</p> <p>Understand basic terminology and rules of the game.</p> <p>Demonstrate proper bowling technique from holding the ball correctly to successful scoring.</p> <p>Interact cooperatively with peers and teachers.</p> <p>Demonstrate proper personal behavior while riding the bus and visiting the local bowling center.</p>	<p>Activity will include:</p> <p>Bowling terms How to choose a ball Grip and stance The approach Scoring</p> <p>Informal Assessment</p> <p>Instructional Resources:</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>Central Maine Family Fun Center 414 Madison Avenue Skowhegan, ME 04976 (207) 474-1223</p>