**Curriculum**

**7th Grade Physical Education –**

**Teambuilding**

**Course Overview**

SPORT TYPE: Problem solving, team

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

To develop cooperation and team work skills

To develop effective problem solving skills and apply these skills accordingly

To develop an awareness of the need for communication in team situations, including both speaking and listening

To develop the ability to think creatively

Display an understanding for safe practice, including personal/group safety and the use of equipment

**Performance Indicators**

1) Display evidence of cooperative work whilst displaying key communication skills to achieve a solution

2) Demonstrate a good understanding for safe practise including the safety of others

3) To demonstrate appropriate creativity when working to solve an individual or group problem

4) Display ability to maintain focus towards any given task including trust, teambuilding and problem solving

5) Display the ability to problem solve by recognising the potential for multiple solutions

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Participation in a variety of stations including:

 Problem solving (PI 1,2,3,4,5,6,7)

 Cooperation/team work (PI 1,2,3,4,5,6,7)

 Trust (PI 1,2,3,4,5,6,7);

 to develop and improve communication, problem solving, cooperation

 and teamwork skills

Use of station cards and verbal instructions to clarify instructions and safety expectations (PI 1,2,4)

**Resources**

7th Grade ‘Station cards’

Clipboards

Team building equipment and props as outlined on the station cards

Cones

Whistle

Stopwatch/central timekeeping mechanism