

## GRADE 7 PHYSICAL EDUCATION FRAMEWORK

### Contents

EXPECTATIONS .....	1
CLASS EXPECTATIONS.....	1
THEMES & CONTENTS .....	2
BASKETBALL.....	2
SOCCER.....	2
VOLLEYBALL.....	2
AMERICAN FOOTBALL .....	2
LACROSSE .....	2
TOUCH RUGBY.....	2
HOCKEY .....	2
ULTIMATE FRISBEE .....	2
KICKBALL.....	2
SOFTBALL.....	3
TENNIS.....	3
BADMINTON.....	3
PERSONAL FITNESS.....	3
PERSONAL BEHAVIOR WHILE IN TASK.....	3
PERFORMANCE INDICATORS.....	3
MOVEMENT FORMS & SKILLS DEVELOPMENT .....	3
PERSONAL FITNESS.....	3
SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY .....	4

### EXPECTATIONS

#### CLASS EXPECTATIONS

The student is expected to:

- Engage in activities at a level two stage that develop and maintain cardiovascular endurance.
- Engage in activities at a level two stage that develop and maintain muscular strength.
- Engage in activities at a level two stage that develop and maintain flexibility.
- Apply safety procedures, rules, and appropriate etiquette in physical activity settings.

- Demonstrate supportive behaviors that promote the inclusion and safety of others when participating in physical activity.

## **THEMES & CONTENTS**

The Performance Indicators (shown at the end of this Framework) are developed through the practice and performance of the Themes and Content below.

### **BASKETBALL**

- Perform a Lay-up, in the dominant side, with proper steps and using dribble in a drill situation
- In a 4x4 game situation, be able to identify and use a defensive concept of “my player/ball”
- Identify and use basic rules in a 4x4 game situation

### **SOCCER**

- Passing & Reception with dominant foot, using 3 touches max, in a dynamic drill situation
- Able to shoot the ball with dominant foot in a dynamic drill situation
- Identify and use basic rules in a 7x7 game situation

### **VOLLEYBALL**

- Able to use proper set and bump technique in a dynamic drill situation with net
- Identify and use basic rules in a 2x2 game situation

### **AMERICAN FOOTBALL**

- Able to use the proper grip on the football when throwing & catching in a dynamic drill situation
- Punt/kick the football in a stationary drill situation
- Identify and use basic rules in a 6x6 flag football game situation

### **LACROSSE**

- Pass and Scoop in a dynamic drill situation
- Shoot the ball in a stationary drill situation

### **TOUCH RUGBY**

- Able to pass and catch in a dynamic drill situation
- Able to identify and use the scoring rule in a 4x4 game situation

### **HOCKEY**

- Able to identify and use safety rules while practicing (blade on the floor; goggles)
- Identify and use Snapshot technique in a stationary drill situation

### **ULTIMATE FRISBEE**

- Able to identify and use the flow movement principle in an offensive moment

### **KICKBALL**

Need to know when running bases:

- Ball caught without bounce, runners must stay in base

Need to know when Fielding:

- Tag base ahead of the runner

**SOFTBALL**

- Ground, side & high catch
- Grip, Swing & Hit (+drop bat & run)

**TENNIS**

- Identify 2 different grips (right stroke & left stroke)

**BADMINTON**

- Keep the birdie in the air, by exchanging it with a partner in a non-competitive drill situation

**PERSONAL FITNESS**

- Jog for at least ten minutes without stopping/walking
- Perform 15 proper push ups, 30 proper sit ups and 30 proper back work
- Able to follow and perform a set of 15 stretching drills

**PERSONAL BEHAVIOR WHILE IN TASK**

- Solve problems, accept appropriate challenges, and resolve conflicts in a responsible manner

**PERFORMANCE INDICATORS**

**MOVEMENT FORMS & SKILLS DEVELOPMENT**

The student will display appropriate use of speed, force, and form a variety of movement activities (e.g. run, sprint, kick, jump, and throw). DOK1

The student will use skill combinations competently (**level 4**) in modified versions of team and individual/dual activities. DOK1

The student will demonstrate proper use of movement concepts in dynamic game situations (e.g. relationship between opponents, appropriate offensive position with goal or ball). DOK1 E

The student will use basic offensive and defensive tactics and strategies while playing a modified version of a game/sport. DOK2

The student identifies similarities in movements across different physical activities (e.g., overhand throw: tennis serve, overhand volleyball serve, overhand clear in badminton). DOK2

**PERSONAL FITNESS**

The student will identify safe practices for improving physical fitness. DOK1

The student engages in activities at a level two stage that develop and maintain cardiovascular endurance (7' jogging). DOK1 E

The student engages in activities at a level two stage that develop and maintain muscular strength (20" holding push-up position/10 push-up's). DOK1 E

The student engages in activities at a level two stage that develop and maintain flexibility (10" maintaining class warm-up stretching positions). DOK1 E

## **SOCIAL & PERSONAL DEVELOPMENT WITH PHYSICAL ACTIVITY**

The student will apply safety procedures, rules, and appropriate etiquette in physical activity settings. DOK1 E

The student will solve problems, accept appropriate challenges, and resolve conflicts in a responsible manner. DOK1

The student will demonstrate supportive behaviours that promote the inclusion and safety of others when participating in physical activity. DOK1