

GRADE LEVEL: SEVENTH

SUBJECT: PHYSICAL EDUCATION

DATE: 2022-2023

MONTH/GRADING PERIOD: QUARTER 1

Revised Copy 5/30/23

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCAB	PRIORITY
MOTOR SKILLS AND MOVEMENT PATTERNS					
PHYSICAL ACTIVITIES <ul style="list-style-type: none"> Motor Skills Movement Patterns 	7.1.1: Demonstrate a movement sequence in a physical activity or game. Example: Move back from the net, when playing a game of pickle ball, allow the ball to bounce and return it over the net with an underhand movement.	<ul style="list-style-type: none"> Demonstrate a movement sequence in a physical activity. Demonstrate a movement sequence in a game. 	<ul style="list-style-type: none"> Observation Pedometers Heart Rate Monitors Notebook entries 	<ul style="list-style-type: none"> Speedminton EMOM AMRAP Reps Sets 	IMPORTANT
	7.1.2: Demonstrate more complex combinations of movement forms in various sport and rhythmic activities. Example: Perform the schottische step in a folk dance, moves in a hip hop dance, or a right and left hand star in a square dance.	<ul style="list-style-type: none"> Demonstrate more complex combinations of movement forms in various sports Demonstrate more complex movements in rhythmic activities 		<ul style="list-style-type: none"> Jump bands 	IMPORTANT

MOVEMENT CONCEPTS					
<p>Physical activities</p> <ul style="list-style-type: none"> ● Principles ● Strategies ● Tactics 	<p>7.2.1: Learn and apply principles necessary for skilled performance. Example: Throw a ball for distance using the most appropriate trajectory (angle).</p>	<ul style="list-style-type: none"> ● Learn principles necessary for skilled performance. ● Apply principles necessary for skilled performance. 	<ul style="list-style-type: none"> ● 	<ul style="list-style-type: none"> ● Bomb ball ● Prison ball ● Trajectory ● CrossFit ● Air squat ● Pull up ● Push up ● Sit up ● Push press ● Back squat ● Front squat ● Wall walk ● Rope climb ● Med ball clean 	CRITICAL
	<p>7.2.2: Recognize the open person concept in team sport activities. Example: Practice the skill of open-positioning during a game of disc golf and/or deliver a pass to an open teammate moving downfield through defenders to score a goal.</p>	<ul style="list-style-type: none"> ● Recognize an open person in team sports 	<ul style="list-style-type: none"> ● Observation 	<ul style="list-style-type: none"> ● 2 vs 2 Basketball ● Flashball 	IMPORTANT

	<p>7.2.3: Describe and demonstrate the difference between being on offense and defense in various activities.</p> <p>Example: Move into proper position for receiving a serve in badminton and then quickly change to offense in anticipation of the return shot and/or move into proper position on the court to apply a person-to-person or zone defense in a basketball game and be able to quickly transition from defense to offense.</p>	<ul style="list-style-type: none"> ● Describe the difference between offense and defense in various activities 	<ul style="list-style-type: none"> ● Observation ● Notebook entries 	<ul style="list-style-type: none"> ● Offense ● Defense ● Goal ● Basket ● Score ● Cardio kickball 	IMPORTANT
	<p>7.2.4: Describe variations of movement skills that occur in sport activities.</p> <p>Example: Break down the sport of softball by identifying the locomotor, nonlocomotor, and manipulative skills important in the game (e.g., underhand throw, overhand throw, catching).</p>	<ul style="list-style-type: none"> ● Describe varied movement skills in different sport activities 	<ul style="list-style-type: none"> ● Observation 		ADDITIONAL

PHYSICAL ACTIVITY					
Regular Participation in Physical Activity <ul style="list-style-type: none"> ● Wellness ● Healthy lifestyle ● Leisure activities ● Health-enhancing 	7.3.1: Select and participate in activities that will build a repertoire of lifetime physical activities. Example: Identify, describe and participate in individual and dual lifetime activities, as well as team sports that can be played in community leagues throughout life.	<ul style="list-style-type: none"> ● Select lifetime activities ● Participate in lifetime activities 	<ul style="list-style-type: none"> ● Notebook entries 	<ul style="list-style-type: none"> ● Wellness ● Lifetime activities ● Healthy lifestyle 	CRITICAL
	7.3.2: Select and participate in a new sport or physical activity. Example: Participate in a school or community sponsored youth activity (e.g., canoe and/or camping trip during school break).	<ul style="list-style-type: none"> ● Select new physical activity ● Participate in new physical activity 	<ul style="list-style-type: none"> ● Observation 		IMPORTANT

HEALTH-ENHANCING PHYSICAL FITNESS					
Health-related physical fitness <ul style="list-style-type: none"> ● Muscular strength ● Muscular endurance ● Flexibility ● Body composition ● Cardiorespiratory endurance 	7.4.1: Utilize self-assessment of physical fitness to identify strengths and weaknesses and use this information to develop a personal fitness program. Example: Develop a personal physical fitness program that addresses all components of health-related fitness (e.g., use the FITT principal and use a portfolio to document improvement).	<ul style="list-style-type: none"> ● Utilize self-assessment ● Determine strengths ● Determine weaknesses 	<ul style="list-style-type: none"> ● Pedometers ● Baseline Fitness Test 	<ul style="list-style-type: none"> ● Pedometers ● Baseline Fitness Test 	CRITICAL
	7.4.2: Demonstrate the importance of all components of physical fitness in achieving a desired level of health-enhancing physical fitness. Example: Participate in stretching to improve flexibility and cool down after physical activity.	<ul style="list-style-type: none"> ● Demonstrate all components of physical fitness in achieving health-enhancing physical fitness. 	<ul style="list-style-type: none"> ● Observation 	<ul style="list-style-type: none"> ● Warm up ● Cool down 	CRITICAL

	<p>7.4.3: Describe and apply an understanding of the concepts of health-related physical fitness to an individual exercise program.</p> <p>Example: Select and participate in an exercise program utilizing curl-ups and push-ups to improve muscular strength and endurance; develop an aerobic dance routine; and/or create and participate in five partner exercises using medicine balls.</p>	<ul style="list-style-type: none"> Describe an understanding of the concepts of health-related physical fitness to an individual exercise program Apply the concepts of health-related physical fitness to an individual exercise program 	<ul style="list-style-type: none"> Notebook entries 		CRITICAL
RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR					
<p>Responsible behavior</p> <ul style="list-style-type: none"> Personal Social 	<p>7.5.1: Contribute to the development of and adherence to rules that provide for safe participation in physical activities.</p> <p>Example: Assist teacher with putting safety equipment (e.g., tumbling mats) where needed for physical activities and/or help develop class rules that will lead to safe participation.</p>	<ul style="list-style-type: none"> Develop rules for safe participation 	<ul style="list-style-type: none"> Observation 		CRITICAL

	<p>7.5.2: Accept responsibilities of being a part of a team and strive to make contributions toward team success. Example: Volunteer to play various positions in a game situation including an unfamiliar or undesirable position for the good of the team.</p>	<ul style="list-style-type: none"> ● Contribute to team success ● Demonstrate responsible individual team member behavior 	<ul style="list-style-type: none"> ● Observation 	<ul style="list-style-type: none"> ● Teamwork 	CRITICAL
	<p>7.5.3: Follow the rules of games and activities to ensure a safe environment for participants. Example: Refrain from running on a swimming pool deck, stay seated while in a kayak, and use safety equipment while riding a scooter or bicycle.</p>	<ul style="list-style-type: none"> ● Follow rules for safe participation for all participants 		<ul style="list-style-type: none"> ● Proper following distance ● Communication 	CRITICAL
	<p>7.5.4: Identify and participate in sports or activities that are native to a selected country. Example: Participate in a game of cricket in physical education class; explain the game of cricket in a speech to a social studies class.</p>	<ul style="list-style-type: none"> ● Participate in activities native to a selected country 		<ul style="list-style-type: none"> ● Handball 	ADDITIONAL
	<p>7.5.5: Adapt games to allow the participation of individuals of varying abilities. Example: Participate in a game that requires each member to touch the ball before it can be shot at the goal.</p>	<ul style="list-style-type: none"> ● Make adaptations to allow for maximum, safe, and enjoyable participation 		<ul style="list-style-type: none"> ● Inclusion ● Maximum participation 	IMPORTANT

	<p>7.5.6: Participate in cooperative games that require a contribution from all team members.</p> <p>Example: Participate in a parachute volleyball activity and/or a cooperative game of choice.</p>	<ul style="list-style-type: none"> Participate in cooperative games 			IMPORTANT
VALUE OF PHYSICAL ACTIVITY					
<p>Value Physical Activity</p> <ul style="list-style-type: none"> Health Enjoyment Challenge Self-expression Social interaction 	<p>7.6.1: Demonstrate movement patterns that convey various emotions.</p> <p>Example: Create a modern dance that shows a feeling of exuberance; run a pass pattern with intensity.</p>	<ul style="list-style-type: none"> Demonstrate emotional movements 	<ul style="list-style-type: none"> Observation 		Additional
	<p>7.6.2: Participate in challenge and adventure activities that require the development of strategies and teamwork.</p> <p>Example: Design and participate in a human obstacle course or personal circuit training program.</p>	<ul style="list-style-type: none"> Create challenge activities that require strategy and teamwork 	<ul style="list-style-type: none"> Personalized workout 		IMPORTANT

	<p>7.6.3: Identify and practice a physical activity/exercise or movement that is difficult to perform in order to increase skill/fitness level.</p> <p>Example: Utilize the freestyle stroke in swimming while concentrating on flutter kicking and rhythmic breathing; use the pass, set, hit sequence in volleyball.</p>	<ul style="list-style-type: none"> ● Identify difficult physical activities to improve fitness ● Attempt difficult physical activities to improve fitness 	<ul style="list-style-type: none"> ● Observation 		<p>CRITICAL</p>
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