Department: Physical Education & Health  Course: Physical Education
Grade: 7th

DESCRIPTION OF COURSE:
Seventh grade physical education explores a variety of activities that provide students with competitive, recreational and lifetime activities. While engaging in the various activities, the students will receive knowledge of rules, skills, strategies and health benefits that they can utilize throughout their lifetime. This course explores a variety of activities including team sports, organized games, lifetime recreational activities and physical fitness assessments. Instruction in basic skills is a vital part of the program as well as preparation and participation in all activities.

REQUIRED TOPICS OF STUDY       SUGGESTED INSTRUCTIONAL TIME       STANDARDS/ASSESSMENT ANCHORS

- Physical Fitness Tests 14 Class Meetings 10.4.6 A-F, 10.3.6 D, 10.5.6 A-F
- Football 10 Class Meetings 10.4.6 A-F, 10.3.6 D, 10.5.6 A-F
- Basketball 10 Class Meetings 10.4.6 A-F, 10.3.6 D, 10.5.6 A-F
- Volleyball 10 Class Meetings 10.4.6 A-F, 10.3.6 D, 10.5.6 A-F
- Softball 8 Class Meetings 10.4.6 A-F, 10.3.6 D, 10.5.6 A-F
- Low Organized Games 4 Class Meetings 10.4.6 A,C,D,F; 10.3.6 D; 10.5.6 B-F
- Lifetime Recreational Games 4 Class Meetings 10.4.6 A,C,D,F; 10.3.6 D; 10.5.6 B-F

RESOURCES:
NFL Punt, Pass & Kick Information, PIAA Rulebooks for team sports, Internet, AAHPERD, President’s Council on Physical Fitness Standards, and various books and periodicals.