

Department: Physical Education & Health
Grade: 7th

Course: Physical Education

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.

<i>REQUIRED TOPICS OF STUDY</i>	<i>SUGGESTED INSTRUCTIONAL TIME</i>	<i>STANDARDS/ ASSESSMENT ANCHORS</i>
• 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.