

## 7th Grade Dual & Individual Sports

Each Class will learn and explore 8-10 units within the school year. The individual teacher will determine each class's units.

Units Can Include:

- PE 101
- Multicultural Dancing
- Self Defense
- Fitness Planning
- Nutrition Planning
- Weights
- Conditioning
- Yoga
- Create-A-Game
- Disc Golf
- Futsal
- Speedball
- Spikeball
- Volleyball
- Volley-Tennis
- Volley-Soccer
- Badminton
- Pickleball
- Tennis
- Track & Field

Every class will have PE 101 as the first unit, and each class will have dance during the year.

**PE 101** is a unit that that our entire team of teachers has developed collaboratively. It is designed to get the year started in a fun and instructive way that will result in every student understanding their responsibilities and expectations for success throughout the year. Topics covered include:

- Being issued a lock and locker
- Locker room procedures & expectations
- Fitness testing procedures and pre-test
- Class procedures & expectations
- Name games
- Cooperative games
- Fitness adventure games
- The 5 components of physical fitness
- FITT Principle
- Lap directions Review
- Outside boundaries Review
- Bars Review
- Sportsmanship
- Sports etiquette
- PE Literacy
- Heart rate & PEI
- Health
- Hygiene
- Hydration