



Course Outline: 7th Grade Team Sports

Purpose: This course is designed for 7th grade students and is intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.

Standards: [MS Team Sports CPALMS Standards](#)

Length: 18 Week Course - 16 weeks of instruction + 2 weeks for opportunities for reteach and interruptions

Textbook Resources: N/A

BCPS Physical Education Vision: Educating today's students, to develop the skills, knowledge, and self-efficacy to take action and pursue enjoyment in a lifetime of physical activity and quality mental and social health, in tomorrow's world.

MS 7th Grade Team Sports – Broward County Public Schools

Weeks	Unit	Lesson Concept	Standards Addressed	Notes/Resources
1-2	Introduction to class Unit 1: Introduction, Establishing Rules and Routines, Cooperatives	<i>Introduction, Rules/Routines, Cooperatives/Health Relationships</i> Introduction to Class: Class norms/expectations, locker rooms, behavior contract, etiquette, safety Physical Education Components: Cooperation, Effective Communication, Respect, Empathy, Leadership, Positive and Negative Peer Pressure, Teamwork, Heat Illness, Heat Cramps, Heat Stroke, Heat Exhaustion Health Education Components: Healthy Relationships, Communication Skills, Respect, Boundaries, Trust and Honesty, Conflict Resolution, Heat Illness	PE.7.M.1.7, 1.8 PE.7.C.2.6 PE.7.L.4.1, 4.2, 4.3 PE.7.R.5.1, 5.2, 5.3, 5.4, 5.5 MA.K12.MTR.1.1 ELA.K12.EE.2.1, 3.1	BCPS PE Canvas Resources
3-4	Unit 2: Fitness Testing and Health Related Fitness	<i>Fitness testing and Health Related Fitness</i> Physical Education Components: Warm-up, Cool-down, Dynamic Stretching, Static Stretching, Health Related Fitness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiorespiratory Endurance, Fitnessgram Goal Setting Health Education Components: Goal Setting, Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiorespiratory Endurance, Lifelong Fitness, Task Oriented Environment	PE.7.M.1.7, 1.8, 1.9 PE.7.C.2.6, 2.8 PE.7.L.3.3, 3.6, 4.1, 4.2, 4.5 PE.7.R.5.1, 5.2, 5.3, 5.4, 5.5, 6.2 MA.K12.MTR.7.1 ELA.K12.EE.3.1	BCPS PE Canvas Resources
5-6	Unit 3: Volleyball/ Beach Volleyball	<i>Volleyball</i> Physical Education Components: Skill Related Fitness, Agility, Coordination (Hand-Eye), Power, Reaction Time, Server, Bump (Forearm pass), Rally, Body Position, Volley, Set	PE.7.M.1.1, 1.2, 1.6, 1.7, 1.9 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8 PE.7.L.3.1, 3.3, 3.5	BCPS PE Canvas Resources

MS 7th Grade Team Sports – Broward County Public Schools

		(Overhand Pass), Block, Back Court, Front Court, Side Out, Clockwise Rotation, Rotate, Spike Health Education Components: Ethics, Health Related Fitness, Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Heartrate	PE.7.R.5.3, 5.5, 6.2 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	
7-8	Unit 4: Flag Football & Rugby	<i>Flag Football & Rugby</i> Physical Education Components: Agility, Power, Coordination, Reaction Time, Speed, Overhand Spiral Pass, Defender, Offense, Defense, Quarterback, Wide Receiver, Receiver Route, Player to Player Defense, Zone Defense, Lateral Spiral Pass, Center, Defense, Down, Line of Scrimmage, Try Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Cardiorespiratory Endurance, Heartrate, Responsible Decision Making, Resilience	PE.7.M.1.1, 1.2, 1.3, 1.6 PE.7.C.2.1, 2.3, 2.7, 2.8, 2.9 PE.7.L.3.3, 3.4, 3.5 PE.7.R.5.3, 5.5, 6.2, 6.3 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources
9-10	Unit 5: Basketball	<i>Basketball</i> Physical Education Components: Agility, Coordination, Speed, Power, Reaction Time, Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Dribble, Cross-Dribble, Finger Pads, Traveling, Defender, Foul, Bounce Pass, Chest Pass, Overhead Pass, Basketball Shot, Layup, Center Guard, Forward, Zone Defense, Player to Player Defense Health Education Components: Health Related Fitness, Muscular Endurance, Muscular Strength, Cardiorespiratory Endurance, Responsible Decision Making, Resilience	PE.7.M.1.1, 1.2, 1.3, 1.6 PE.7.C.2.1, 2.3, 2.6, 2.7, 2.8, 2.9 PE.7.L.3.1, 3.3, 3.4, 3.5 PE.7.R.5.2, 5.3, 5.5, 6.2 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources

MS 7th Grade Team Sports – Broward County Public Schools

11-12	Unit 6: Soccer	<i>Soccer</i> Physical Education Components: Cardiorespiratory Endurance, Muscular Endurance, Agility, Reaction Time, Coordination, Speed, Power, Trap, Dribble, Pull Back, La Croqueta, Foul, Handball, Throw-In, Free Kick, Shoot, Defender, Goalie, Midfield, Forward Health Education Components: Health Related Fitness, Cardiorespiratory Endurance, Muscular Endurance, Responsible Decision Making, Resilience, Heart rate	PE.7.M.1.1, 1.2, 1.3, 1.6 PE.7.C.2.1, 2.3, 2.6, 2.7,2.8, 2.9 PE.7.L.3.1, 3.2, 3.3, 3.4, 3.5 PE.7.R.5.2, 5.3, 5.5, 6.2 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources
13-14	Unit 7: Sports from other cultures	<i>Lacrosse, Floorball, Team Handball</i> Physical Education Components: Lacrosse, Floorball, Team Handball, Cradling, Scoop/Groundball, Dodging, Dominant Hand, Goalie, Forehand, Backhand, Dribble, Accuracy, Control, Defense, Offense, Defender, Interception, Cradle, Pass, Free Throw, Health Education Components: Health Related Fitness, Wellness, Muscular Endurance, Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Lifelong Fitness	PE.7.M.1.1, 1.2, 1.3, 1.6, 1.7, 1.9 PE.7.C.2.1, 2.3, 2.6, 2.7,2.8, 2.9 PE.7.L.3.1, 3.2, 3.3, 3.5 PE.7.R.5.5, 6.1, 6.3 MA.K12.MTR.7.1 ELA.K12.EE.3.1, 4.1 ELD.K12.ELL.SI.1	BCPS PE Canvas Resources

MS 7th Grade Team Sports – Broward County Public Schools

15-18	Unit 8 and 9: Fitness Post Tests, CPR/First Aid Instruction, Cumulative Review, Fill Days, End of Semester Celebration, EOC Exam	<i>Fitness Post Tests, CPR/First Aid Instruction, Cumulative Review, Final Exam, End of Course Exam, Ever-Fi Courses, End of Semester Celebration</i>	Cumulative review of all course benchmarks SB 430 Mandate	<i>BCPS PE Canvas Resources</i>
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English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)

Course Standards Directory

Name	Description	Unit
PE.7.C.2.1:	Identify the basic rules for team sports.	3, 4, 5, 6, 7
PE.7.C.2.3:	Explain basic offensive and defensive strategies in modified games or activities and team sports.	3, 4, 5, 6, 7
PE.7.C.2.6:	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	1, 2, 3, 4, 5, 6, 7
PE.7.C.2.7:	Identify the critical elements for successful performance of a variety of sport skills.	3, 4, 5, 6, 7
PE.7.C.2.8:	List specific safety procedures and equipment necessary for a variety of sport skills and physical activities.	2, 3, 4, 5, 6, 7

MS 7th Grade Team Sports – Broward County Public Schools

<u>PE.7.C.2.9:</u>	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	4, 5, 6, 7
<u>PE.7.L.3.1:</u>	Participate in moderate physical activity on a daily basis.	3, 5, 6, 7
<u>PE.7.L.3.2:</u>	Participate in vigorous physical activity on a daily basis.	6, 7
<u>PE.7.L.3.3:</u>	Participate in a variety of team sports, outdoor pursuits and aquatics activities that promote health-related physical fitness.	2, 3, 4, 5, 6, 7
<u>PE.7.L.3.4:</u>	Identify the in-school opportunities for participation in team sports, outdoor pursuits and aquatics activities.	3, 4, 5, 6
<u>PE.7.L.3.5:</u>	Identify the community opportunities that promote team sports, outdoor pursuits and aquatics activities.	3, 4, 5, 6, 7
<u>PE.7.L.3.6:</u>	Identify a variety of team sports, outdoor pursuits and aquatics activities that promote stress management.	2
<u>PE.7.M.1.1:</u>	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	3, 4, 5, 6, 7
<u>PE.7.M.1.2:</u>	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	3, 4, 5, 6, 7
<u>PE.7.M.1.3:</u>	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	4, 5, 6, 7

MS 7th Grade Team Sports – Broward County Public Schools

<u>PE.7.M.1.6:</u>	Demonstrate the critical elements in specialized skills related to a variety of team sports or outdoor pursuits activities.	3, 4, 5, 6, 7
<u>PE.7.M.1.7:</u>	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	1, 2, 3, 7
<u>PE.7.M.1.8:</u>	Apply technology to evaluate, monitor and improve individual skill performance.	1, 2
<u>PE.7.M.1.9:</u>	Demonstrate principles of biomechanics necessary for safe and successful performance.	2, 3, 7
<u>PE.7.R.5.1:</u>	Identify situations in which peer pressure could negatively impact one's own behavior choices.	1
<u>PE.7.R.5.2:</u>	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical-activity settings.	1, 2, 4
<u>PE.7.R.5.3:</u>	Demonstrate responsible behaviors during physical activities.	1, 2, 3, 4
<u>PE.7.R.5.4:</u>	List examples of appropriate personal, social and ethical behaviors that apply to specific physical activities.	1, 2
<u>PE.7.R.5.5:</u>	Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	1, 2, 3, 4, 5, 6, 7
<u>PE.7.R.6.1:</u>	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	5, 6, 7

MS 7th Grade Team Sports – Broward County Public Schools

PE.7.R.6.2:	Discuss the potential benefits of participation in a variety of physical activities.	2, 3
PE.7.R.6.3:	Participate in games, sports and/or physical activities from other cultures.	4, 7
PE.7.L.4.1:	Create, implement and assess a personal fitness program in collaboration with a teacher.	2, 3, 4
PE.7.L.4.2	Develop goals and strategies for a personal physical fitness program.	2, 3, 4
PE.7.L.4.3	Use available technology to assess, design and evaluate a personal physical-activity plan.	2, 3, 4
MA.K12.MTR.1.1:	Actively participate in effortful learning both individually and collectively.	1
MA.K12.MTR.7.1:	Apply mathematics to real-world contexts.	1-7
ELA.K12.EE.3.1:	Make inferences to support comprehension.	1-7
ELA.K12.EE.4.1:	Use appropriate collaborative techniques and active listening skills when engaging in discussions in a variety of situations.	1-7
ELD.K12.ELL.SI.1:	English language learners communicate for social and instructional purposes within the school setting.	1-7
HE.68.SUA1.2	Define terminology specific to alcohol misuse/abuse and discuss the short- and long- term effects of consuming alcohol	Health Project #2

MS 7th Grade Team Sports – Broward County Public Schools

HE.68.SUA.1.3	Discuss the health risks associated with alcohol misuse including liver disease, cancer, cardiovascular disease, and neurological brain/damage	Health Project #2
HE.68.SUA.1.4	Describe the types, delivery devices and accessibility of marijuana/THC products and their impacts on prevalence of use	Health Project #2
HE.68.SUA.1.5	Examine the effects of marijuana/THC and opioids on body systems and behavior.	Health Project #2
HE.68.SUA.1.6	State the risks of misusing and sharing prescription and/or illicit drugs, including fentanyl and other opioids	Health Project #2
HE.68.SUA.1.8	Describe the short- and long-term physical and social consequences of tobacco, nicotine use and/or vaping	