

Middle School
Health & Physical Education

7th Grade Physical Education

Overview

The Middle School Health and Physical Education department continues to use the Pennsylvania State Standards to create meaningful lessons based on the individual benchmarks outlined in the standards. These standards can be found here.

The Pennsylvania Department of Education has outlined 5 categories for their standards in health and physical education. Students, at all grade levels, work on standards for concepts of health, healthful living, safety and injury prevention, physical activity, and concepts, principles and strategies of movement. Each of the standards has prescribed benchmarks that students work to achieve. The benchmarks for each standard describe what students should know and be able to do by the end of third, sixth, ninth, and twelfth grades.

In 7th Grade Physical Education we go over:

- Cooperative Activities
    - 10.3. A, B, D
    - 10.4 A, B, C, D, E, F
- Skill work leading into team sports and game strategy
    - 10.3. A, B, D
    - 10.4. A, B, C, D, E, F
    - 10.5. A, B, C, D, E, F