

Course Title:	7th Grade Physical Education
Grade(s):	7th

Course Description
In PE, students learn the importance of being active, making healthy choices, and treating others with respect. They are expected to participate fully, stay self-motivated, and show good citizenship and sportsmanship in every class. Students should cooperate with all classmates, follow directions, and maintain a positive attitude. Proper athletic attire—T-shirt, athletic shorts or sweatpants, and sneakers—is required. Our program focuses on healthy habits, fair play, good decision-making, and encouraging others while building foundational fitness and teamwork skills.
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Tchoukball	In this unit, students learn the rules and strategies of tchoukball, a fast-paced, non-contact team game that emphasizes accuracy, movement, and teamwork. They practice key skills such as passing, catching, shooting off the rebound frames, and maintaining proper court spacing. Students explore offensive and defensive strategies while focusing on communication, cooperation, and quick decision-making. The unit promotes sportsmanship, inclusivity, and active participation as students work together in a safe, supportive environment.	September/October
Unit 2: Football	In this unit, students learn the fundamental skills and strategies of flag football, including proper throwing, catching, handoffs, route running, and defensive positioning. They practice teamwork, communication, and field awareness through drills and small-sided games. Students also learn game rules and safe play techniques. The focus is on sportsmanship, cooperation, and developing confidence as they apply their skills in fun, structured gameplay.	September/October

Unit 3: Field Hockey	In this unit, students learn the fundamentals of field hockey, including dribbling, passing, shooting, and basic defensive strategies. They practice stick handling, spatial awareness, and teamwork through skill drills and modified games. The unit emphasizes sportsmanship, cooperation, and communication, encouraging students to support each other while staying active and developing confidence in a fun, safe environment.	October/November
Unit 4: Lacrosse	In this unit, students focus on developing fundamental lacrosse skills, including cradling, passing, catching, shooting, and ground ball techniques. Emphasis is placed on proper form, coordination, and hand-eye skills through drills and partner practice rather than full gameplay. The unit promotes active participation, cooperation, and sportsmanship, helping students build confidence and proficiency while preparing for future game situations.	October/November
Unit 5: Volleyball	In this unit, students develop the fundamental skills of volleyball, including serving, forearm passing (bumping), setting, hitting, and basic defensive techniques. In 7th grade we start to incorporate over-hand serving. They practice proper form, communication, and teamwork through drills and modified games. The focus is on active participation, cooperation, sportsmanship, and building confidence while improving coordination and overall volleyball proficiency.	December/January
Unit 6: Fitness Unit	In this unit, students set personal fitness goals and explore the importance of physical fitness and learn how different types of exercise contribute to overall health. They practice a variety of activities that build the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, and flexibility. They apply these skills while navigating fun obstacle courses that challenge their agility, balance, and coordination. Students take part in fitness Olympic events that promote teamwork, friendly competition, and goal setting. Throughout the unit, the focus remains on effort, motivation, sportsmanship, and encouraging others while developing confidence and healthy lifelong habits.	January/February
Unit 7: Adventure Unit	In this unit, students will participate in team-building and adventure-based activities that promote cooperation, problem-solving, communication, and trust. Through challenges and group tasks, students will develop confidence, strengthen social skills, and learn the value of working together to achieve common goals.	February/March

Unit 8: Pickleball	In this unit, students are applying prior knowledge of pickleball and will be working on forehand and backhand strokes, volleying, and basic scoring. They practice skills through drills, partner activities, and modified games, focusing on accuracy, hand-eye coordination, and strategy. They also explore key rules such as the double-bounce rule and non-volley zone ("kitchen") restrictions. The unit emphasizes sportsmanship, cooperation, and active participation while helping students build confidence and enjoy a fun, fast-paced racquet sport.	March/April
Unit 9: Line Dancing	In this unit, students learn a variety of line dance routines that focus on rhythm, coordination, and movement patterns. They practice following choreographed steps, working together in a group, and performing with confidence. The unit emphasizes cooperation, active participation, and positive encouragement, helping students build fitness, timing, and social skills in a fun and energetic environment.	April/May
Unit 10: Disc Golf	In this unit, students will learn the basic throws, rules, and scoring of disc golf while practicing accuracy, control, and safe play. They will work in small groups to play short courses and build skills they can use for a fun, lifelong activity.	June