

GRADE LEVEL: SEVENTH

SUBJECT: PHYSICAL EDUCATION

DATE: 2016-2017

MONTH/GRADING PERIOD: SEMESTER CLASS

MASTER COPY 5-16-17

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
MOTOR SKILLS AND MOVEMENT PATTERNS					
PHYSICAL ACTIVITIES <ul style="list-style-type: none"> • Motor Skills • Movement Patterns 	7.1.1: Demonstrate a movement sequence in a physical activity or game. Example: Move back from the net, when playing a game of pickle ball, allow the ball to bounce and return it over the net with an underhand movement.	<ul style="list-style-type: none"> • Demonstrate a movement sequence in a physical activity. • Demonstrate a movement sequence in a game. 	<ul style="list-style-type: none"> • Observation • Pedometers • Heart Rate Monitors • Notebook entries 	<ul style="list-style-type: none"> • Speedminton • EMOM • AMRAP • Reps • Sets 	IMPORTANT
<ul style="list-style-type: none"> • Rhythmic Activities 	7.1.2: Demonstrate more complex combinations of movement forms in various sport and rhythmic activities. Example: Perform the schottische step in a folk dance, moves in a hip hop dance, or a right and left hand star in a square dance.	<ul style="list-style-type: none"> • Demonstrate more complex combinations of movement forms in various sports. • Demonstrate more complex movements in rhythmic activities. <ul style="list-style-type: none"> – Folk Dance – Hip Hop Dance – Square Dance 		<ul style="list-style-type: none"> • Jump bands 	IMPORTANT

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MOVEMENT CONCEPTS					
<p>Physical activities</p> <ul style="list-style-type: none"> • Skilled Performance 	<p>7.2.1: Learn and apply principles necessary for skilled performance. Example: Throw a ball for distance using the most appropriate trajectory (angle).</p>	<ul style="list-style-type: none"> • Learn principles necessary for skilled performance. • Apply principles necessary for skilled performance. 		<ul style="list-style-type: none"> • Bomb ball • Prison ball • Trajectory • CrossFit • Air squat • Pull up • Push up • Sit up • Push press • Back squat • Front squat • Wall walk • Rope climb • Med ball clean 	CRITICAL
<ul style="list-style-type: none"> • Team Sports 	<p>7.2.2: Recognize the open person concept in team sport activities. Example: Practice the skill of open-positioning during a game of disc golf and/or deliver a pass to an open teammate moving downfield through defenders to score a goal.</p>	<ul style="list-style-type: none"> • Recognize an open person in team sports. 	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • 2 vs 2 Basketball • Flash ball 	IMPORTANT

CONTENT	STANDARD INDICATORS	SKILLS	ASSESSMENT	VOCABULARY	PRIORITY
<ul style="list-style-type: none"> • Offense • Defense 	<p>7.2.3: Describe and demonstrate the difference between being on offense and defense in various activities.</p> <p>Example: Move into proper position for receiving a serve in badminton and then quickly change to offense in anticipation of the return shot and/or move into proper position on the court to apply a person-to-person or zone defense in a basketball game and be able to quickly transition from defense to offense.</p>	<ul style="list-style-type: none"> • Describe the difference between offense and defense in various activities. • Demonstrate the difference between being on offense and defense in various activities. 	<ul style="list-style-type: none"> • Observation • Notebook entries 	<ul style="list-style-type: none"> • Offense • Defense • Goal • Basket • Score • Cardio kickball 	IMPORTANT
	<p>7.2.4: Describe variations of movement skills that occur in sport activities.</p> <p>Example: Break down the sport of softball by identifying the locomotor, nonlocomotor, and manipulative skills important in the game (e.g., underhand throw, overhand throw, catching).</p>	<ul style="list-style-type: none"> • Describe varied movement skills in different sport activities. 	<ul style="list-style-type: none"> • Observation 		ADDITIONAL

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PHYSICAL ACTIVITY					
Regular Participation in Physical Activity <ul style="list-style-type: none"> Wellness Healthy lifestyle Leisure activities Health-enhancing 	7.3.1: Select and participate in activities that will build a repertoire of lifetime physical activities. Example: Identify, describe and participate in individual and dual lifetime activities, as well as team sports that can be played in community leagues throughout life.	<ul style="list-style-type: none"> Select activities that will build a repertoire of lifetime physical activities. Participate in activities that will build a repertoire of lifetime physical activities. 	<ul style="list-style-type: none"> Notebook entries 	<ul style="list-style-type: none"> Wellness Lifetime activities Healthy lifestyle 	CRITICAL
	7.3.2: Select and participate in a new sport or physical activity. Example: Participate in a school or community sponsored youth activity (e.g., canoe and/or camping trip during school break).	<ul style="list-style-type: none"> Select a new sport or physical activity. Participate in new sport or physical activity. 	<ul style="list-style-type: none"> Observation 		IMPORTANT
HEALTH-ENHANCING PHYSICAL FITNESS					
Health-related physical fitness <ul style="list-style-type: none"> Self-assessment Personal Fitness 	7.4.1: Utilize self-assessment of physical fitness to identify strengths and weaknesses and use this information to develop a personal fitness program. Example: Develop a personal physical fitness program that addresses all components of health-related fitness (e.g., use the FITT principal and use a portfolio to document improvement).	<ul style="list-style-type: none"> Utilize self-assessment of physical fitness to identify strengths and weaknesses. Use self-assessment to develop a personal fitness program. 	<ul style="list-style-type: none"> Pedometers Baseline Fitness Test 	<ul style="list-style-type: none"> Pedometers Baseline Fitness Test 	CRITICAL

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	<p>7.4.2: Demonstrate the importance of all components of physical fitness in achieving a desired level of health-enhancing physical fitness.</p> <p>Example: Participate in stretching to improve flexibility and cool down after physical activity.</p>	<ul style="list-style-type: none"> • Demonstrate all components of physical fitness in achieving health-enhancing physical fitness. <ul style="list-style-type: none"> – Stretching – Cool down 	<ul style="list-style-type: none"> • Observation 	<ul style="list-style-type: none"> • Warm up • Cool down 	CRITICAL
<ul style="list-style-type: none"> • Exercise Program 	<p>7.4.3: Describe and apply an understanding of the concepts of health-related physical fitness to an individual exercise program.</p> <p>Example: Select and participate in an exercise program utilizing curl-ups and push-ups to improve muscular strength and endurance; develop an aerobic dance routine; and/or create and participate in five partner exercises using medicine balls.</p>	<ul style="list-style-type: none"> • Describe an understanding of the concepts of health-related physical fitness to an individual exercise program. • Apply the concepts of health-related physical fitness to an individual exercise program. 	<ul style="list-style-type: none"> • Notebook entries 		CRITICAL

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RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR					
Responsible behavior <ul style="list-style-type: none"> Personal Social 	7.5.1: Contribute to the development of and adherence to rules that provide for safe participation in physical activities. Example: Assist teacher with putting safety equipment (e.g., tumbling mats) where needed for physical activities and/or to help develop class rules that will lead to safe participation.	<ul style="list-style-type: none"> Develop rules that provide for safe participation in physical activities. Adhere to rules that provide for safe participation in physical activities. 	<ul style="list-style-type: none"> Observation 		CRITICAL
<ul style="list-style-type: none"> Team Success 	7.5.2: Accept responsibilities of being a part of a team and strive to make contributions toward team success. Example: Volunteer to play various positions in a game situation including an unfamiliar or undesirable position for the good of the team.	<ul style="list-style-type: none"> Accept responsibilities of being a part of a team. Make contributions toward team success. 	<ul style="list-style-type: none"> Observation 	<ul style="list-style-type: none"> Teamwork 	CRITICAL
<ul style="list-style-type: none"> Game Rules 	7.5.3: Follow the rules of games and activities to ensure a safe environment for participants. Example: Refrain from running on a swimming pool deck, stay seated while in a kayak, and use safety equipment while riding a scooter or bicycle.	<ul style="list-style-type: none"> Follow rules for safe participation for all participants. 		<ul style="list-style-type: none"> Proper following distance Communication 	CRITICAL

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<ul style="list-style-type: none"> Foreign Sports 	<p>7.5.4: Identify and participate in sports or activities that are native to a selected country. Example: Participate in a game of cricket in physical education class; explain the game of cricket in a speech to a social studies class.</p>	<ul style="list-style-type: none"> Identify sports or activities that are native to a selected country. Participate in sports or activities that are native to a selected country. 		<ul style="list-style-type: none"> Handball 	ADDITIONAL
<ul style="list-style-type: none"> Game Adaptations 	<p>7.5.5: Adapt games to allow the participation of individuals of varying abilities. Example: Participate in a game that requires each member to touch the ball before it can be shot at the goal.</p>	<ul style="list-style-type: none"> Make adaptations to allow for maximum, safe, and enjoyable participation. 		<ul style="list-style-type: none"> Inclusion Maximum participation 	IMPORTANT
<ul style="list-style-type: none"> Cooperation 	<p>7.5.6: Participate in cooperative games that require a contribution from all team members. Example: Participate in a parachute volleyball activity and/or a cooperative game of choice.</p>	<ul style="list-style-type: none"> Participate in cooperative games which require teamwork. 			IMPORTANT
VALUE OF PHYSICAL ACTIVITY					
<ul style="list-style-type: none"> Health Enjoyment Challenge Self-expression Social interaction 	<p>7.6.1: Demonstrate movement patterns that convey various emotions. Example: Create a modern dance that shows a feeling of exuberance; run a pass pattern with intensity.</p>	<ul style="list-style-type: none"> Demonstrate movement patterns that convey various emotions. 	<ul style="list-style-type: none"> Observation 		ADDITIONAL

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<ul style="list-style-type: none"> Strategies Team Work 	<p>7.6.2: Participate in challenge and adventure activities that require the development of strategies and teamwork. Example: Design and participate in a human obstacle course or personal circuit training program.</p>	<ul style="list-style-type: none"> Participate in challenge and adventure activities that require the development of strategies. Participate in challenge and adventure activities that require the development of teamwork. 	<ul style="list-style-type: none"> Personalized workout 		IMPORTANT
	<p>7.6.3: Identify and practice a physical activity/exercise or movement that is difficult to perform in order to increase skill/fitness level. Example: Utilize the freestyle stroke in swimming while concentrating on flutter kicking and rhythmic breathing; use the pass, set, hit sequence in volleyball.</p>	<ul style="list-style-type: none"> Identify difficult physical activities to improve skill/fitness. Practice difficult physical activities to improve skill/fitness. 	<ul style="list-style-type: none"> Observation 		CRITICAL
WRITING FOR LITERACY IN PHYSICAL EDUCATION					
<ul style="list-style-type: none"> Range of Writing 	<p>6-8.WT.10: Write routinely for a range of disciplines.</p>	<ul style="list-style-type: none"> Write routinely for specific tasks and performances. 	<ul style="list-style-type: none"> Notebook entries 		IMPORTANT

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ADVOCACY SKILLS					
<ul style="list-style-type: none"> Encourage others 	7.8.3: Work with others to advocate for healthy individuals and families.	<ul style="list-style-type: none"> Work with others to create a video to encourage peers to abstain from sexual activity. 	<ul style="list-style-type: none"> View video 	<ul style="list-style-type: none"> Sexual activity Abstinence 	IMPORTANT