

Curriculum Guide for 7th Grade PE

Unit 1: Aerobic Activity

3 weeks

PE7.1, PE7.2, PE7.4

How is taking care of our bodies important to God?

Why does God care if we are physically active?

How does God view our thoughts toward people that are not as active as we are?

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none"> • Participate in vigorous activity for a sustained period of time while maintaining a target heart rate • Recover from vigorous physical activity in an appropriate length of time • Monitor heart rate before, during and after activity • Correctly demonstrate activities designed to improve and maintain muscular strength and endurance, flexibility, and cardiorespiratory functioning • Identify principles of training and conditioning for physical activity • Identify proper warm-up, conditioning, and cooldown techniques and the reasons for using them • Improve and maintain appropriate body composition • Analyze and compare health and fitness benefits derived from various physical activities 	<ul style="list-style-type: none"> • Audio visuals • Discussion • Demonstration • Hands-on activities • Guest speakers 	<ul style="list-style-type: none"> • Stop watch • Jump ropes • Cones balls • Music • Portable Speaker • Flags and belts • Floor tape • Floor mat • Balloons • Hula hoops • Whistle • Poly spots • Exercise ball • Exercise activity signs • Teacher-made activity sheets 	<ul style="list-style-type: none"> • Class participation • Preparedness (in uniform) • Form checks by teacher

Unit 2 Presidential Youth Fitness Challenge

3 weeks

PE 7.2

**How are we to be “set apart” when it comes to the Presidential Youth Physical Fitness program?
How are we as Christians to encourage others that may be struggling with a task?**

Objectives	Methods	Resources	Assessment
The students will <ul style="list-style-type: none">• Explain the importance of the Presidential Youth Fitness program• Identify the events involved• Perform the events successfully	<ul style="list-style-type: none">• Discussion• Demonstration• Talk the students through practice trials	<ul style="list-style-type: none">• ‘Presidential Youth Fitness ’website• Cones• Pull up bar• Stopwatch• Individual fitness• Floor mats• Tape measure	<ul style="list-style-type: none">• Skills test• Time test• Skills checked by the teacher

Unit 3: Team Sports

28 weeks

PE7.3, PE7.4, PE7.5

**How does team work unite people?
What does a Christian see in the value of team work?**

Objectives	Methods	Resources	Assessment
<p>The students will</p> <ul style="list-style-type: none">• Design and play small group games that involve cooperating with others to keep an object away from opponents (basic offensive and defensive strategy)• Accept and respect the decisions made by game officials, whether they are the same as the students or the teacher• Combine skills competently to participate in modified versions of team sports• Identify and follow rules while playing sports and games• Participate cooperatively and ethically when in competitive physical activity• Compare and contrast offensive and defensive patterns in sports• Willingly participate in team sports	<ul style="list-style-type: none">• Discussion• Demonstration• Hands-on activities• Visual aids	<ul style="list-style-type: none">• “PE Central” website• Teacher-made review sheets• Balls gloves• Bases bats• Volleyball nets• Whistles• Cones• Goals• Pinnies hockey sticks• Discs• Mats	<ul style="list-style-type: none">• Student participation• Student preparedness• Sportsmanship• Skills checked by teacher