

*Curriculum Guide for 7<sup>th</sup> Grade PE*

**Unit1: Health and Fitness**

7 weeks

**PE7.1, PE7.2, PE7.4**

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

## Unit 2 Presidential Fitness Challenge

4 weeks

PE7.2

<b>Objectives</b>	<b>Methods</b>	<b>Resources</b>	<b>Assessment</b>
The students will <ul style="list-style-type: none"><li>• Explain the importance of the President's Fitness program</li><li>• Identify the events involved</li><li>• Perform the events successfully</li></ul>	<ul style="list-style-type: none"><li>• Discussion</li><li>• Demonstration</li><li>• Talk the students through practice trials</li></ul>	<ul style="list-style-type: none"><li>• 'Presidential Fitness Booklet'</li><li>• Cones</li><li>• Pull up bar</li><li>• Stopwatch</li><li>• Individual fitness logs</li><li>• Blocks</li><li>• V-sit marker</li><li>• Tape measure</li></ul>	<ul style="list-style-type: none"><li>• Skills test</li><li>• Time test</li></ul>

### Unit 3: Team Sports

6 weeks

PE7.3, PE7.4, PE7.5

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

## Unit 4: Hand-Eye Movement Skills

2 weeks

PE7.1, PE7.3, PE7.4, PE7.5

<b>Objectives</b>	<b>Methods</b>	<b>Resources</b>	<b>Assessment</b>
<p>The students will</p> <ul style="list-style-type: none"><li>• Demonstrate a proficiency in motor skills for recreational activities</li><li>• Participate in various group, dual and individual games</li><li>• Perform according to the rules of particular games</li><li>• Detect, analyze, and correct errors in personal movement patterns</li><li>• Respect physical and performance limitations of self and others</li><li>• Use biomechanical concepts and principles to analyze and improve performance of self and others</li></ul>	<ul style="list-style-type: none"><li>• Discussion</li><li>• Demonstration</li><li>• Hands-on activities</li><li>• Visual aids</li><li>• Tournament play</li></ul>	<ul style="list-style-type: none"><li>• Teacher-made review sheet</li><li>• Balls paddles</li><li>• Ping pon tables</li><li>• Volleyball nets</li><li>• Badminton rackets</li><li>• Shuttlecocks</li><li>• Speedstack cups</li><li>• Speedstack video</li><li>• Television</li><li>• DVD player</li><li>• Tennis balls</li></ul>	<ul style="list-style-type: none"><li>• Student participation</li><li>• Student preparedness</li><li>• Sportsmanship</li><li>• Rules test</li></ul>