

Physical Education - Grade 7



Jordan Small Middle School



Curriculum Guide

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Grade 7 Physical Education

Instruction will focus on social responsibility including getting along with others, fully participating in all activities, sportsmanship, being prepared, and putting forth an effort in each class. Learning terms related to each specific unit and terms related to fitness and skills are also integrated within each unit.

Course Level and Description:

Each unit is designed to allow student participation and increase individual knowledge concerning that specific study. Game strategies are more highly incorporated at this level.

Graduation Standards for course:

Motor Skills and Movement Patterns:

Physically literate students demonstrate competency in a variety of motor skills and movement patterns

- ❑ **1.2 Game and Sport Skills**
 - ❑ Uses specialized skills that are refined and appropriate for modified game play.
- ❑ **1.3 Offensive and Defensive Skills**
 - ❑ Demonstrates basic offensive and defensive movement skills for games, sports, or physical activities

Concepts and Strategies

Physical literate students apply knowledge of concepts, principles, strategies and tactics related to movement and performance

- ❑ **12.1 Movement Concepts**
 - ❑ Applies advanced movement concepts to enhance game/play activities
- ❑ **2.2 Strategies and Tactics**
 - ❑ Explains when and why strategies and tactics are utilized in game play and activities

Fitness Education

Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness.

- ❑ **3.1 Health-Related Fitness and Exercise**
 - ❑ 3.1a Demonstrates body positions and/or technique when performing muscle strength, muscle endurance, and flexibility exercises.
 - ❑ 3.1b Identifies and/or classifies exercises and physical activities for each health-related fitness component
- ❑ **3.2 Skill-Related Fitness and Training**
 - ❑ Lists, defines, and explains skill-related fitness components and uses components in exercises or games

- ❑ **3.3 Training Principles for Fitness and Sport**
 - ❑ Uses training principles to improve fitness or sports performance
- ❑ **3.4 Health-related and/or sports training fitness plan**
 - ❑ Engages/follows a teacher-created exercise plan demonstrating proper posture and technique when performing exercises.
- ❑ **3.5 Fitness, Sport, and Technology**
 - ❑ Uses teacher and technology tools to engage in health-related fitness activities for skill practice or enjoyment
- ❑ **3.6 Health-related and/or sports training fitness plan**
 - ❑ Identifies and/or participates in physical activities at school, home, and/or in the community.

Responsible Personal and Social Behavior:

Physically literate students exhibit responsible personal and social behaviors that respect self and others.

- ❑ **4.1 Personal Responsibility**
 - ❑ Exhibits personal responsibility by using appropriate strategies to seek greater independence from adults, and reinforce positive behaviors, when completing assigned tasks.
- ❑ **4.2 Cooperative Skills**
 - ❑ 4.2a Uses well-developed cooperation skills to accomplish group goals in both cooperative and competitive situations
 - ❑ 4.2b Analyzes conflicts that arise in competitive activities to determine the most appropriate ways of resolving the conflicts.
- ❑ **4.3 Rules, Etiquette, and Safety**
 - ❑ Uses safe practices while engaging in physical education activities without prompting

Recognition of the Value of Physical Activity:

Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and or social interaction

- ❑ **5.1 Health**
 - ❑ Identifies and compares health benefits and physical activities.
- ❑ **5.2 Challenge**
 - ❑ Applies strategies for overcoming individual challenges in a physical activity setting.
- ❑ **5.3 Self-Expression and Enjoyment**
 - ❑ 5.3a Describes how moving competently in a physical activity setting creates enjoyment.
 - ❑ 5.3b Identify how self-expression and physical activity are related.
- ❑ **5.4 Social Interaction**
 - ❑ Demonstrates the importance of social interaction by following rules and encouraging others in various physical activities and games.

Guiding Principles for course:

A creative and practical problem solver who:

- Observes and evaluates situations to define problems.
- Frames questions, makes predictions and designs data/information collection and analysis strategies.
- Identifies patterns, trends and relationships that apply to solutions.
- Generates a variety of solutions, builds a case for a best response and critically evaluates the effectiveness of the response.
- Sees opportunities, finds resources and seeks results.
- Uses information and technology to solve problems.
- Perseveres in challenging situations.

A responsible and involved citizen who:

- Participates positively in the community and designs creative solutions to meet human needs and wants.
- Accepts responsibility for personal decisions and actions.
- Demonstrates ethical behavior and the moral courage to sustain it.
- Understands and respects diversity.
- Displays global awareness and economic and civic literacy.
- Demonstrates awareness of personal and community health and wellness.

Course Activities may include:

Compass/Map Skills
Soccer
Frisbee
Fitness
Basketball
Cross Country Skiing
Badminton
Recreational Games
Volleyball
Floor Hockey
Speedball
Wiffle Ball
Ultimate Frisbee
Team Handball

Curriculum Materials may include:

Written Assessments will be completed through Google Classroom
Skills Tests
Materials Provided by Student/Family:
Sneakers for indoor activities
Modest clothing appropriate for indoor physical activity
Coat, Boots, Hat, Gloves for outdoor physical activity