

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

Course Title: Co-ed Physical Education

Curricular Area: Physical Education

Course Numbers: Determined by Site

Length: One year

Grade Level: 7th Grade

Prerequisites: None

COURSE DESCRIPTION:

This course provides students the continuing opportunity to learn through a developmentally appropriate, comprehensive, sequentially planned physical education program aligned with the Physical Education Model Content Standards for California Public Schools. In 7th grade, the content standards emphasize individualized skill development and improving their personal fitness level.

The focus of this course is the application of movement skills and knowledge of individual and dual physical activities; the assessment and maintenance of physical fitness to improve health and performance, and the requisite knowledge of physical fitness concepts, principles and strategies; and the application of psychological and sociological concepts, including self-responsibility, positive social interaction, and group dynamics, in the learning and performance of physical activity.

Units of activity include: physical fitness (activities and assessment, concepts, development and maintenance); cooperative activities (including introductory adventure/outdoor activities, such as orienteering); mature pattern throwing and catching skills (including flying disc skills) applied during small-sided games (team handball/ultimate frisbee/softball); track and field skills (including long jump, shot put, sprints, and relays); golf concepts applied in disc-golf and lead-up games; volleying skills; racket skills applied in lead-up games (paddle tennis/pickle ball/tennis); dribbling skills (hand dribble and foot dribble) applied in small-sided lead-up games; multicultural dance and introductory self-defense.

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

Alignment:

This course is aligned to the Physical Education Model Content Standards for California Public Schools.

- **Standard 1:** Demonstrate motor skills and movement patterns needed to perform a variety of physical activities.
- **Standard 2:** Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
- **Standard 3:** Assess and maintain a level of physical fitness to improve health and performance.
- **Standard 4:** Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- **Standard 5:** Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

INSTRUCTIONAL MATERIALS

Equipment:

- Variety of balls and equipment from district stock catalog and physical education equipment catalogs
- Chalkboard/white board, chart paper and easel, crates for portfolios/journals
- Boom box with tape/CD player (extra CDs/tapes and batteries)
- Stopwatches
- Electric ball pump
- Measuring wheel for measuring various distances, areas, fields, boundaries
- Clipboards (teacher and students class set)

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

- Chalk or paint for lining fields
- Video camera, VCR/DVD and monitor
- Heart Rate Wands/Monitors

Exit Criteria:

Performance level is determined by the average of the assessments or assignments. Student achievement in this course will be measured using multiple assessment tools including but not limited to:

- Performance-based assessments which assess physical education cognitive concepts and skills
- Quizzes and Tests
- Journals
- Portfolios
- Checklists
- Rubrics of performance assessments during activity
- Fitnessgram
- Fitness Plan
- Fitness at Home Log
- Projects (rubric assessed)
- Video

- 1) Please refer to the Physical Education Model Content Standards for California Schools for a complete listing of the standard descriptors.
- 2) Due to differences in site facilities and equipment, this document is meant to serve as an outline for content and time allotment.

Stan dard	Physical Education Content
1	Demonstrates Motor Skills and Movement Patterns

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

2	Demonstrates Knowledge of Movement Concepts, Principles and Strategies
3	Assess and Maintain Physical Fitness To Improve Health and Performance
4	Demonstrates Knowledge of Physical Fitness Concepts, Principles and Strategies
5	Psychological and Sociological Concepts and Strategies Applied to Physical Activity

Performance Grading Scale (Run/Exercise-Sports Activity-Written Assignments-Participation)

A	90% - 100%
B	78% - 89%
C	64% - 77%
D	50% - 63%
F	Below 49%

Grade 7			
Unit	Components	Standards	Assessments
Unit 1: Class Introduction	<ul style="list-style-type: none"> Teacher Introduction and Syllabus Class Expectations Course Description and Outlines Google Drive and 		

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

	Assignments <ul style="list-style-type: none"> • NearPod • EdPuzzle • FlipGrid 		
Unit 2: Components of Physical Fitness	<ul style="list-style-type: none"> • muscle strength • muscle endurance • flexibility • aerobic capacity • body composition • Heart Rate Monitoring 	3.1-3.6, 4.1-4.6	Identify individual fitness goals based on PFT standards and Components, create and follow a weekly plan based on goals.
Unit 3: PFT	<ul style="list-style-type: none"> • Skill Development • Goal Setting (S.M.A.R.T.) • Practicing 	3.1-3.6, 4.1-4.6	Student Log (Onoging)
Unit 4: Physical Activity Preparation	<ul style="list-style-type: none"> • Warmups for each Component of Fitness • Cool-Down for each Component of Fitness • Aerobic Activities • Anaerobic Activities • Understanding Heart Rate • Personal Preference for components 	3.1-3.6, 4.1-4.6	<ul style="list-style-type: none"> • Self-Assessment of Skills • Video Assessment of Skills • Quiz
Unit 5: Object Manipulation	<ul style="list-style-type: none"> • Throwing multiple objects • Catching multiple objects • Dribbling & Passing (Hand) • Dribbling & Passing (Foot) • Striking with Objects • Volleying 	1.1, 1.3-1.6, 1.9, 1.10, 2.1-2.9	<ul style="list-style-type: none"> • Create a single/dual game w/manipulative(s) • Scoring System • Multiple Offensive Strategies • Defensive Strategy • Teach Game to others (presentation) or video of student teaching and playing game with family

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

			members/friends
Unit 6: Pickleball	<ul style="list-style-type: none"> • Culminating Activity • Offensive Skills • Defensive Skills • Analyzing movement Patterns • Error Correction • Practice 	1.1, 1.3-1.6	<ul style="list-style-type: none"> • Self-Assessment of Skills • Video Assessment of Skills • Quiz
Unit 7: Components of Physical Fitness 2	<ul style="list-style-type: none"> • Describe the role of physical activity and nutrition • principles of progression and overload • Age-appropriate activities and workouts. • Effect of extremity growth rates on physical fitness. 	3.1-3.6	<ul style="list-style-type: none"> • Group discussions • Quizzes • Presentations
Unit 8: Multicultural Dance	<ul style="list-style-type: none"> • Highland Fling (Scotland) • Tinikling (Phillipines Bamboo Dance) • Fanga (Kenya) • Mayim Mayim (Israel) 	1.2	<ul style="list-style-type: none"> • Videos • Self Reflections
Unit 9: Track & Field	<ul style="list-style-type: none"> • History and Vocabulary • Running Events • Hurdles • Long Jump • High Jump • Shot Put • Scoring and Points 	1.5	
Unit 10: PFT Testing	<ul style="list-style-type: none"> • Aerobic Capacity (MILE or PACER) • Body Composition (BMI Height and Weight) • Trunk Extensor Strength and Flexibility (Trunk Lift) • Abdominal Muscular Strength and Endurance (Curl Ups) 	3.1-3.6, 4.1-4.6	Compare to Goals and Logs, FITNESSGRAM scores to the State

Lathrop Intermediate

7th Grade Co-Ed Physical Education

2022-23 Course Outline

	<ul style="list-style-type: none"> • Upper Body Muscular strength and Endurance (Push Ups or Modified Pull Up) • Flexibility (Sit and reach or Shoulder Stretch) 		
Unit 11: Orienteering	<ul style="list-style-type: none"> • Compass Basics • Understanding Terrain • Map Basics • Spatial Memory • Trust Exercises • Team Building Exercises 	1.6, 5.1, 5.2, 5.3-5.5	Create a treasure map with Key, Team Building Exercises at home
Unit 12: Outdoor Games (Picnic Games)	<ul style="list-style-type: none"> • Cornhole • Frisbee Bonk • Horseshoes • Ladder ball • Lawn Darts • Washer Toss • Ring Toss • Bocce Ball • Croquet 	1.6	
Unit 13: Combatives	Types of Combatives, Learning Sequence- Cardio Kickboxing	1.5	
Year long Unit: Fitness	<ul style="list-style-type: none"> • HIIT • Yoga • Aerobics • Body Weight Exercises • Cardio Fitness 	3.4	<ul style="list-style-type: none"> • Activity Logs • Video Diaries <p>o Participate in moderate to vigorous physical activity a minimum of four days each week. 400 Minutes every 10 days required.</p>