



CURRICULUM AT A GLANCE

GRADE 7

Physical Education Philosophy of the Westport Public Schools

The Westport Health and Physical Education Curriculum is designed to develop skills, attitudes, and knowledge that empower students to be socially, emotionally, and physically healthy.

PE Grade 7	
Unit	Learning
TEAM BUILDING:	<ul style="list-style-type: none"> • <i>Social and Emotional Learning</i> • Students will: • Cooperate with classmates • Learn the names of their peers • Demonstrate inclusive behaviors • Support classmates • Build relationships with peers by following the values of: <ul style="list-style-type: none"> ◦ Let go and move on ◦ Physical and emotional safety of self and others ◦ Be honest • Take appropriate social, emotional and physical risks by engaging in a variety of novel activities
PERCEIVED EXERTION:	<ul style="list-style-type: none"> • <u><i>Social and Emotional Learning</i></u> • Students will: • Accurately and honestly compare their rate of perceived exertion with their actual heart rate • <u><i>Health Related Fitness</i></u> Students will: • Identify the different heart rate zones • Describe the benefits of working out in each heart rate zone • Engage in a variety of cardiovascular related activities (walking, jogging, jumping rope, etc.) and determine which heart rate zone they are in during each exercise
STRIKING WITH ACCURACY:	<p><u><i>Social and Emotional Learning</i></u></p> <p>Students will:</p> <ul style="list-style-type: none"> • Demonstrate responsibility for the safety of self and others while handling a long handled implement <p><u><i>Motor Skills and Movement Patterns</i></u></p> <p>Students will:</p> <ul style="list-style-type: none"> • Describe the relationship between range of motion and distance

	<ul style="list-style-type: none"> • Demonstrate proper technique when striking for accuracy • Demonstrate adjustments in force and distance when striking for accuracy
HEART RATE AND CARDIOVASCULAR ENDURANCE:	<p><u><i>Social and Emotional Learning</i></u> Students will:</p> <ul style="list-style-type: none"> • Reflect on how one feels after activity in given zone(s) <p><u><i>Health Related Fitness</i></u> Students will:</p> <ul style="list-style-type: none"> • Distinguish between the different heart zones and their benefits • Maintain moderate to vigorous heart rate zone(s) for an extended period of time with use of heart rate monitors
LIFETIME ACTIVITIES: Throwing with Accuracy	<p><u><i>Social and Emotional Learning</i></u> Students will:</p> <ul style="list-style-type: none"> • Provide appropriate feedback to a partner • Understand and demonstrate fair play, safe play and game etiquette <p><u><i>Motor Skills and Movement Patterns</i></u> Students will:</p> <ul style="list-style-type: none"> • Consistently execute a mature throwing pattern for target games • Describe the proper technique for a mature throwing pattern in selected physical activities
SOCIAL RESPONSIBILITY AND BADMINTON:	<p><u><i>Social and Emotional Learning</i></u> Students will:</p> <ul style="list-style-type: none"> • Cooperate with a group of classmates during game play • Practice empathy by accepting a partner kindly, playing their own space, and giving and taking fair turns • Use positive body language with peers • Include all participants on the court • Make appropriate adjustments based on opponent's skill level <p><u><i>Motor Skills and Movement Patterns</i></u> Students will:</p> <ul style="list-style-type: none"> • Demonstrate a cross court strike • Perform overhead rallies designed to move opponents on court
VALUING ACTIVITY WITH FRISBEE GAMES	<p><u><i>Social and Emotional Learning</i></u> Students will:</p> <ul style="list-style-type: none"> • Develop self-efficacy by choosing an activity that provides the greatest degree of personal enjoyment <p><u><i>Motor Skills and Movement Patterns</i></u> Students will:</p> <ul style="list-style-type: none"> • Develop a forehand/backhand frisbee throw • Describe several different games/activities that can be played using a frisbee and participate in one of their choosing
FITNESS CONCEPTS	<p><u><i>Social and Emotional Learning</i></u> Students will:</p> <ul style="list-style-type: none"> • Identify and reflect upon fitness based strengths and weaknesses • Set a goal for improvement <p><u><i>Health Related Fitness</i></u></p>

	<p>Students will:</p> <ul style="list-style-type: none"> • Define fitness components (muscular strength, muscular endurance, cardiovascular endurance and flexibility) • Identify exercises associated with the development of each fitness component • Participate in fitness challenges reflecting standardized components: flexibility, upper body strength/endurance, abdominal strength/endurance and aerobic capacity
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