

7th Grade	Physical	Education	Curriculum			
7th Grade PE	Unit	Standards Taught (MDE)	Lesson Activity	Key Concepts/Vocabulary	Resources/Technology	Assessments
7	HEALTH RELATED FITNESS	1,2,3,4,5,6,	*Individual skill development	*Demonstrate an exposure level of competence in Personal Conditioning	*Jump Ropes	*Teacher Assessment
7	* Fitness Testing		*Coordination	*Meet standards on selected fitness activities	*Tread Mills	*Performance Assessment
7	* Weight Training		*Aerobic Endurance	*Develop and maintain muscular strength and endurance	*Stair Steppers	
7	*Stretches/Exercise		*Body Composition	*Develop and maintain aerobic strength and endurance	*Elliptical Machines	
			*Muscular Strength		*Stationary Bikes	
			*Muscular Endurance		*Cybex Machines	
			*Flexibility		*Free Weights	
			*Leadership			
			*Speed			
			*Safety			
7	NET/WALL	1,2,5,6	*Individual skill development	Demonstrating an exposure level of competence in the following categories: personal conditioning, individual, duel, and recreational games	*PE Equipment	*Teacher Assessment
	*Tennis		*Cooperative games		*Tennis Racquet's	*Performance Assessment
	*Volleyball		*Partner work		*Tennis Balls	
			*Team work		*Tennis Courts	
			*Skill Assessment		*Volleyballs	
			*Lead up games		*Volleyball Trainer	
					*Volleyball Nets	
					*Volleyball Poles	

<b>7</b>	<b>INVASION GAMES</b>	1,2,5,6	*Individual Skill Development	Demonstrating an exposure level of competence in the following categories: personal conditioning, individual, duel, and recreational games	*PE Equipment	*Teacher Assessment
	*Flag Football		*Partner Work		*Football	*Performance Assessment
	*Floor Hockey		*Team work		*Flag Belts	
	*Basketball		*Skill Assessment		*Hockey Sticks	
	*Soccer		*Lead up games		*Hockey Nets	
					*Hockey Balls/Pucks	
					*Basketballs	
					*Mesh Shirts	
					*Soccer Balls	
					*Soccer Nets	
				*Cones		
				*Marking Paint		
<b>7</b>	<b>STRIKING/FIELDING</b>	1,2,5,6	INDIVIDUAL SKILL DEVELOPMENT	UNDERSTANDING OF:	*Playing Field	*Teacher Assessment
			*Hitting	*Rules	*Bats	*Performance Assessment
			*Fielding	*Players	*Balls	
			*Catching	*Positioning	*Gloves	
			*Throwing	*Playing Field	*Bases	
			*Base Running	*Strategy		
			*Related games	*Equipment		
			*Lead up games	*Team work		
		*Similar games				
	* In this course five weeks will be dedicated to Personal Health which will be explained on another document.	<b>See 7th Grade Personal Health Curriculum</b>				

	<p>* In this course five weeks will be dedicated to Reproductive Health which will be explained on another document.</p>	<p><b>See 7th Grade Reproductive Health Curriculum</b></p>				
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