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 *Muscular Endurance		*Stationary Bikes *Cybex Machines	
			*Flexibility		*Free Weights	
			*Leadership		1100 Weighte	
			*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	
	v oney san		*Team work		*Tennis Courts	
			*Skill Assessment		*Volleyballs	
			*Lead up games		*Volleyball Trainer	
			J		*Volleyball Nets	
					*Volleyball Poles	

INVASION GAMES	1,2,5,6	*Individual Skill Development	exposure level of competence in the following categories: personal conditioning, individual, duel, and recreational games	*PE Equipment	*Teacher Assessment
*Flag Football		*Partner Work		*Footballs	*Performance Assessment
					Assessment
Soccei		Lead up games			
				*Marking Paint	
STRIKING/FIELDIN	1,2,5,6	INDIVIDUAL SKILL DEVELOPMENT	UNDERSTANDING OF:	*Playing Field	*Teacher Assessment
					*Performance
		-			Assessment
		-			
		-		*Bases	
		*Base Running			
		*Related games	*Equipment		
		*Lead up games	*Team work		
		*Similar games			
five weeks will be dedicated to Personal Health which will be explained on	See 7th Grade Personal Health Curriculum				
	*Flag Football *Floor Hockey *Basketball *Soccer *In this course five weeks will be dedicated to Personal Health which will be explained on	* In this course five weeks will be dedicated to Personal Health which will be	### STRIKING/FIELDIN 1,2,5,6 Development #Flag Football #Floor Hockey #Basketball #Soccer #Lead up games ###################################	INVASION GAMES 1,2,5,6 Partner Work *Flag Football *Floor Hockey *Basketball *Soccer INDIVIDUAL SKILL DEVELOPMENT STRIKING/FIELDIN 1,2,5,6 INDIVIDUAL SKILL DEVELOPMENT OF: *Hitting *Players *Catching *Positioning *Throwing *Playing Field *Base Running *Strategy *Related games *Iead up games *In this course five weeks will be dedicated to Personal Health which will be explained on Personal Health which will be explained on *Strategy *See 7th Grade Personal Health which will be explained on *Similar games *Competence in the following categories: personal velopicals individual, duel, and recreational games *InDIVIDUAL SKILL DEVELOPMENT OF: *Rules *Players *Positioning *Playing Field *Base Running *Strategy *Related games *Equipment *Lead up games *Team work *Similar games	INVASION GAMES 1,2,5,6 Personal conditioning, individual, duel, and recreational games *Flag Football *Floor Hockey *Basketball *Skill Assessment *Hockey Sticks *Soccer *Lead up games *Hockey Sticks *Basketballs *Mesh Shirts *Soccer Balls *Soccer Nets *Cones *Marking Paint *Intiting *Rules *Bats *Fleidding *Players *Balls *Catching *Positioning *Gloves *Throwing *Playing Field *Bases *Throwing *Playing Field *Bases *Throwing *Playing Field *Bases *Traam work *In this course five weeks will be dedicated to Personal Health which will be explained on Personal Health which will be explained on Personal Health which will be explained on Personal Health which will be explained on

* In this course five weeks will be dedicated to			
Reproductive			
	See 7th Grade		
	Reproductive		
another document.	Health Curriculum		