**Unit 1: PYFP Unit/ Fitness Gram- 3 weeks**

- **Course Standards - CPALMS**
  - PE.7.L.3.1
  - PE.7.L.3.2
  - PE.7.R.6.2
  - PE.7.M.1.8
  - PE.7.C.2.6

- **Essential Topics and Vocabulary**
  - Health, Physically Active Lifestyle, Benefits, Health-related Fitness, Physical Fitness, Skill Related Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, Progression, Aerobic, Anaerobic, Fluid loss, Heat Illness, SMART Goal

**Unit 2: Initiatives-1 week**

- **Course Standards - CPALMS**
  - PE.7.R.5.1
  - PE.7.R.5.4

- **Essential Topics and Vocabulary**
  - Cooperation, Communication, Trust, Teamwork,

**Unit 3: Orienteering-2 weeks**

- **Course Standards - CPALMS**
  - PE.7.C.2.2
  - PE.7.C.2.4
  - PE.7.C.2.6

- **Essential Topics and Vocabulary**
  - Orienteering, Compass, Competitive, Route, Map, Road Map, Topographical Map, Contour Lines, Elevation, Contour Intervals, Pacing, Speed, Magnetic Needle, Orienteering arrow, Base Plate, Index Line, Compass Housing Unit, Direction of Travel Arrow, Cooperation, North, Northeast, Northwest, South, Southeast, Southwest, West, East, Bearings, Degrees, Cardinal Directions, Magnetic North, “Shed”, Control, Direction

**Unit 4: Disc Golf-2 weeks**

- **Course Standards - CPALMS**
  - PE.7.R.5.3
  - PE.7.R.5.4

- **Essential Topics and Vocabulary**
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVPA, Competency

**Unit 5: Land-Based Water Activities-2 weeks**

- **Course Standards - CPALMS**
  - PE.7.L.3.3
  - PE.7.L.3.5
  - PE.7.M.1.7

- **Essential Topics and Vocabulary**

**Unit 6: Recreational Games-3 weeks**

- **Course Standards - CPALMS**
  - PE.7.L.3.1
  - PE.7.L.3.5

- **Essential Topics and Vocabulary**
  - Cornhole, KANJAM, Bocce, Pallino, Jack, Dart, Disc, Bola, Pitch, Ringer, Badminton, Volleyball, Shuttlecock, Racquet, Paddleball, Paddle, Tetherball, Strategies, Recreational, 4-square, Teamwork, Cooperation, Creation, Ramp Shot, Spikeball

**FITNESSGRAM POST ASSESSMENT**

**COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES**