

This course is designed for 7th grade students and intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of the course.

Semester One						Physical Education Orientation Week						Semester Two					
M	T	W	TH	F		Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety						M	T	W	TH	F	
August 2019						Unit 1: PYFP Unit/ Fitness Gram- 3 weeks						January 2020					
			1	2		Course Standards - CPALMS			Essential Topics and Vocabulary					1	2	3	
5	6	7	8	9	PE.7.L.3.1 PE.7.4.1 PE.7.L.3.2 PE.7.R.6.2	PE.7.L.3.1 PE.7.4.1 PE.7.L.3.2 PE.7.R.6.2			Health, Physically Active Lifestyle, Benefits, Health-related Fitness, Physical Fitness, Skill			6	7	8	9	10	
12	13	14	15	16	PE.7.M.1.8 PE.7.C.2.6	PE.7.M.1.8 PE.7.C.2.6			Related Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload,			13	14	15	16	17	
19	20	21	22	23					Progression, Aerobic, Anaerobic, Fluid loss, Heat Illness, SMART Goal			20	21	22	23	24	
26	27	28	29	30								27	28	29	30	31	
September 2019						Unit 2: Volleyball						February 2020					
2	3	4	5	6		Course Standards - CPALMS			Essential Topics and Vocabulary			3	4	5	6	7	
9	10	11	12	13	PE.7.C.2.1 PE.7.R.5.3 PE.7.C.2.6 PE.7.R.5.4	PE.7.C.2.1 PE.7.R.5.3 PE.7.C.2.6 PE.7.R.5.4			Strategies, Teamwork, Power, Coordination, Rotation, Target, Control, Tournament,			10	11	12	13	14	
16	17	18	19	20	PE.7.M.1.6 PE.7.C.2.3	PE.7.M.1.6 PE.7.C.2.3			Forearm Pass, Set, Spike, Dig, Underhand Serve, Overhand Serve, Volley, Ace, 3 hit attack,			17	18	19	20	21	
23	24	25	26	27					Clockwise, Ready Position, Boundaries, Violation, Fault, Scoring			24	25	26	27	28	
30												March 2020					
October 2019						Unit 3: Basketball						2 3 4 5 6					
	1	2	3	4		Course Standards - CPALMS			Essential Topics and Vocabulary			9	10	11	12	13	
7	8	9	10	11	PE.7.R.5.2 PE.7.M.1.1 PE.7.R.5.3 PE.7.C.2.3	PE.7.R.5.2 PE.7.M.1.1 PE.7.R.5.3 PE.7.C.2.3			Chest-pass, Bounce-pass, Overhand Pass, Layup, Hoop, Dribble, Finger-Pads, Level,			16	17	18	19	20	
14	15	16	17	18	PE.7.C.2.9 PE.7.L.3.4 PE.7.L.3.2 PE.7.M.1.2	PE.7.C.2.9 PE.7.L.3.4 PE.7.L.3.2 PE.7.M.1.2			B.E.E.F., Shoot, Jump Shot, Free Throw, Offense, Defense, Zone, Person-to-person, Foul,			23	24	25	26	27	
21	22	23	24	25	PE.7.L.3.1 PE.7.C.2.1	PE.7.L.3.1 PE.7.C.2.1			Violation, Technical foul, 3 second rule, Key, Boundaries, Screen/Pick, Court, Gaurd,			30	31				
28	29	30	31						Center, 3 point, Travel, Double Dribble, Scoring			April 2020					
November 2019						Unit 4: Soccer						1 2 3					
				1		Course Standards - CPALMS			Essential Topics and Vocabulary			6	7	8	9	10	
4	5	6	7	8	PE.7.L.3.1 PE.7.L.3.2 PE.7.C.2.9 PE.7.C.2.1	PE.7.L.3.1 PE.7.L.3.2 PE.7.C.2.9 PE.7.C.2.1			Manipulative, Vigorous, Strategy, Muscular Strength, Teamwork, Flexibility,			13	14	15	16	17	
11	12	13	14	15	PE.7.M.1.1 PE.7.R.6.3 PE.7.L.3.3 PE.7.M.1.2	PE.7.M.1.1 PE.7.R.6.3 PE.7.L.3.3 PE.7.M.1.2			Handball, Foul, Trap, Pass, Goalie, Midfield, Fullback, Forward, Shoot, Corner-			20	21	22	23	24	
18	19	20	21	22	PE.7.L.2.5 PE.7.C.2.3 PE.7.L.3.4	PE.7.L.2.5 PE.7.C.2.3 PE.7.L.3.4			kick, Goal-kick, Punt, Offense, Defense, In-step, Throw-in, Goal, Cardiovascular			27	28	29	30		
25	26	27	28	29					Endurance, Penalty, Free Kick			May 2020					
December 2019						Unit 5: Flag Football						1					
2	3	4	5	6		Course Standards - CPALMS			Essential Topics and Vocabulary			4	5	6	7	8	
9	10	11	12	13	PE.7.C.2.1 PE.7.C.2.3 PE.7.C.2.7 PE.7.C.2.8	PE.7.C.2.1 PE.7.C.2.3 PE.7.C.2.7 PE.7.C.2.8			Quarterback, Recievers, Running backs, Center, Snap, Huddle, Play, Formation, Line of			11	12	13	14	15	
16	17	18	19	20	PE.7.L.3.1 PE.7.L.3.5 PE.7.M.1.1 PE.7.M.1.2	PE.7.L.3.1 PE.7.L.3.5 PE.7.M.1.1 PE.7.M.1.2			Scrimmage, Flag Guarding, 50 yard line, End Zone, Block, Pylon, Post, Flag, 1st down,			18	19	20	21	22	
23	24	25	26	27	PE.7.M.1.3 PE.7.M.1.7 PE.7.M.1.9 PE.7.R.5.3	PE.7.M.1.3 PE.7.M.1.7 PE.7.M.1.9 PE.7.R.5.3			Downs, Possession, Punt, Field Goal, Touchdown, Violation, Play, Blitz/Rush, Offense,			25	26	27	28	29	
30	31				PE.7.R.5.5 PE.7.R.6.2	PE.7.R.5.5 PE.7.R.6.2			Defense, Incomplete, Interception, Fair Play, Sportsmanship			June 2020					
Pre School Work Days						Unit 6: Lacrosse						1 2 3 4 5					
NO CLASSES						Course Standards - CPALMS			Essential Topics and Vocabulary								
DWT						PE.7.C.2.7 PE.7.M.1.7 PE.7.C.2.9 PE.7.L.3.2			Lacrosse, Cradling, Scoop/Groundball, Pivoting, Overarm Throw, Moving to pass,								
						PE.7.M.1.3 PE.7.C.2.6 PE.7.C.2.3 PE.7.M.1.9			Checking, Keep-Away, Cutting, Draw, Dodging, Three-Second Rule, Outlet Pass,								
						PE.7.L.3.2 PE.7.C.2.8 PE.7.L.3.3 PE.7.L.3.1			Goalkeeper, End Line, Possession, Fair Play, Sportsmanship, Integrity, Rules, Boundaries								
						PE.7.R.5.5											
FITNESSGRAM POST ASSESSMENT																	
COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES																	