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

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

- Essential Topics and Vocabulary:
  - Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

#### Unit 2: Initiatives-1 week

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

#### Unit 3: Orienteering-2 weeks

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

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

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

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

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

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

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

### Semester Two

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

- Essential Topics and Vocabulary:
  - Personal and Social Responsibilities Expectations; Teamwork, Cooperation, Sportsmanship, Etiquette; Safety
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

#### Unit 2: Initiatives-1 week

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

#### Unit 3: Orienteering-2 weeks

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

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

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

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

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

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

- Essential Topics and Vocabulary:
  - Cooperation, Communication, Trust, Teamwork,
  - Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVP, Competency

### Pre School Work Days

- NO CLASSES
- DWT

### Notes

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