

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 2021						Unit 1: PYFP Unit/ Fitness Gram/Fit for All Teens						January 2022										
2	3	4	5	6		<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary			3	4	5	6	7						
9	10	11	12	13		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 Related			10	11	12	13	14					
16	17	18	19	20		PE.7.M.1.8	PE.7.C.2.6			Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, Progression, Aerobic, Anaerobic, Fluid loss, Heat Illness, SMART Goal			17	18	19	20	21					
23	24	25	26	27											24	25	26	27	28			
30	31					Unit 2: Initiatives						31										
September 2021						<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary			February 2022										
		1	2	3		PE.7.R.5.1	PE.7.R.5.2	PE.7.R.5.3	PE.7.R.5.4	Cooperation, Communication, Trust, Teamwork,				1	2	3	4					
6	7	8	9	10		PE.7.R.5.5									7	8	9	10	11			
13	14	15	16	17		Unit 3: Orienteering						14	15	16	17	18						
20	21	22	23	24		<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary			21	22	23	24	25						
27	28	29	30			PE.7.C.2.2	PE.7.M.1.4	PE.7.C.2.8	PE.7.R.5.2	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			28									
October 2021						PE.7.C.2.9	PE.7.C.2.4	PE.7.M.1.6	PE.7.R.5.5						March 2022							
				1		PE.7.L.3.1	PE.7.L.3.2	PE.7.M.1.7	PE.7.R.6.3							1	2	3	4			
4	5	6	7	8		PE.7.R.5.3	PE.7.M.1.2	PE.7.C.2.7	PE.7.L.3.3						7	8	9	10	11			
11	12	13	14	15		PE.7.R.6.1									14	15	16	17	18			
18	19	20	21	22		Unit 4: Disc Golf						21	22	23	24	25						
25	26	27	28	29		<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary			28	29	30	31							
November 2021						PE.7.M.1.4	PE.7.L.3.1	PE.7.M.1.3	PE.7.C.2.8	Balance, Coordination, Motor Skill, Physical Activity, Power, Muscular Strength, Etiquette, MVPA, Competency			April 2022									
1	2	3	4	5		PE.7.M.1.6	PE.7.L.3.3	PE.7.M.1.7	PE.7.R.6.1										1			
8	9	10	11	12		PE.7.C.2.2	PE.7.L.3.5	PE.7.R.5.4	PE.7.C.2.4						4	5	6	7	8			
15	16	17	18	19		PE.7.C.2.7	PE.7.R.5.5	PE.7.M.1.2	PE.7.R.5.1						11	12	13	14	15			
22	23	24	25	26		Unit 5: Land-Based Water Activities						18	19	20	21	22						
29	30					<u>Course Standards - CPALMS</u>			Essential Topics and Vocabulary			25	26	27	28	29						
December 2021						PE.7.M.1.7	PE.7.M.1.5	PE.7.M.1.4	PE.7.C.2.5	Water Safety, Buoyancy, Riptide, Current, Undertow, PFD/Lifejacket, Swimmer, Lifeguard, Drowning, SPF, Fluids, Temperature, Heat Exhaustion, Heat Stroke, Dizziness, Hallucinations, Cramps, Waterway, Channel, Navigation, Skipper, Vessel, Safety, Ocean, Harbor, Angler, Nearshore, Offshore, Inshore, Gulf Coast, Reel, Rod, Line, Sinker, Bobber, Lure, Bait, Overhead Cast, Canoe, Kayak, Safety Equipment, Paddle, Blade, Throat, Shaft, Grip/Handle, Stern, Bow, Port, Starboard, Hull, 3 points of contact, Entry Power, Recovery, Feedback			May 2022									
		1	2	3		PE.7.L.3.3	HE.7.C.1.8	PE.7.L.3.5	PE.7.R.5.1						2	3	4	5	6			
6	7	8	9	10		PE.7.R.5.3	PE.R.6.1	PE.7.C.2.2	PE.7.M.1.6						9	10	11	12	13			
13	14	15	16	17		PE.7.C.2.7	PE.7.C.2.8	PE.7.R.5.5	PE.7.R.6.3						16	17	18	19	20			
20	21	22	23	24		Unit 6: Recreational Games						23	24	25	26	27						
27	28	29	30	31		PE.7.C.2.2	PE.7.C.2.4	PE.7.C.2.6	PE.7.C.2.9	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			30	31								
NO CLASSES						PE.7.L.3.1	PE.7.R.6.1	PE.7.R.6.3	PE.7.M.1.7													
						PE.7.M.1.2	PE.7.M.1.4	PE.7.L.3.5	PE.7.R.5.5													
						MAFS.7.SP.3.5																
FITNESSGRAM POST ASSESSMENT																						
COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES																						