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.

### Unit 1: PYFP Unit/ Fitness Gram/Fit for All Teens

**Course Standards - CPALMS**
- PE.7.L.3.1
- PE.7.L.3.2
- PE.7.R.6.2

**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: Volleyball

**Course Standards - CPALMS**
- PE.7.C.2.1
- PE.7.C.2.3
- PE.7.L.3.1
- PE.7.L.3.2
- PE.7.M.1.2

**Essential Topics and Vocabulary**
- Strategies, Teamwork, Power, Coordination, Rotation, Target, Control, Tournament, Forearm Pass, Set, Spike, Dig, Underhand Serve, Overhand Serve, Volley, Ace, 3 hit attack, Ready Position, Boundaries, Violation, Fault, Scoring

### Unit 3: Basketball

**Course Standards - CPALMS**
- PE.7.R.5.2
- PE.7.M.1.1
- PE.7.R.5.3
- PE.7.R.5.4

**Essential Topics and Vocabulary**
- Chest-pass, Bounce-pass, Overhand Pass, Layup, Hoop, Dribble, Finger-Pads, Level, B.E.E.F., Shoot, Jump Shot, Free Throw, Offense, Defense, Zone, Person-to-person, Foul, Violation, Technical foul, 3 second rule, Key, Boundaries, Screen/Pick, Court, Gaurd, Center, 3 point, Travel, Double Dribble, Scoring

### Unit 4: Soccer

**Course Standards - CPALMS**
- PE.7.L.3.1
- PE.7.L.3.2
- PE.7.L.3.3
- PE.7.M.1.2

**Essential Topics and Vocabulary**

### Unit 5: Flag Football

**Course Standards - CPALMS**
- PE.7.C.2.1
- PE.7.C.2.3
- PE.7.C.2.7
- PE.7.C.2.8

**Essential Topics and Vocabulary**
- Quarterback, Receivers, Running backs, Center, Snap, Huddle, Play, Formation, Line of Scrimmage, Flag Guarding, 50 yard line, End Zone, Block, Pylon, Post, Flag, 1st down, Downs, Possession, Punt, Field Goal, Touchdown, Violation, Play, Blitz/Rush, Offense, Defense, Incomplete, Interception, Fair Play, Sportsmanship

### Unit 6: Lacrosse

**Course Standards - CPALMS**
- PE.7.C.2.7
- PE.7.M.1.7
- PE.7.M.1.9
- PE.7.C.2.8
- PE.7.L.3.1

**Essential Topics and Vocabulary**
- Lacrosse, Cradling, Scoop/Groundball, Pivoting, Overarm Throw, Moving to pass, Checking, Keep-Away, Cutting, Draw, Dodging, Three-Second Rule, Outlet Pass, Goalkeeper, End Line, Possession, Fair Play, Sportsmanship, Integrity, Rules, Boundaries

**Fitness Gram Post Assessment**

**Common Assessment/End of Semester Celebrations/Review Prior Content/Cooperative Games**