

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 Fitness, MVPA, Heart Rate, Principles of training, FITT, Specificity, Overload, Progression, Aerobic, Anaerobic, Fluid loss, Heat Illness, SMART Goal					10	11	12	13	14	
16	17	18	19	20	PE.7.M.1.8	PE.7.C.2.6								17	18	19	20	21	
23	24	25	26	27										24	25	26	27	28	
30	31													31					
September 2021					Unit 2: Volleyball										February 2022				
		1	2	3	<u>Course Standards - CPALMS</u>					Essential Topics and Vocabulary						1	2	3	4
6	7	8	9	10	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, Forearm Pass, Set, Spike, Dig, Underhand Serve, Overhand Serve, Volley, Ace, 3 hit attack, Clockwise, Ready Position, Boundaries, Violation, Fault, Scoring					7	8	9	10	11	
13	14	15	16	17	PE.7.M.1.6	PE.7.C.2.3								14	15	16	17	18	
20	21	22	23	24										21	22	23	24	25	
27	28	29	30											28					
October 2021					Unit 3: Basketball										March 2022				
				1	<u>Course Standards - CPALMS</u>					Essential Topics and Vocabulary						1	2	3	4
4	5	6	7	8	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, 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					7	8	9	10	11	
11	12	13	14	15	PE.7.C.2.9	PE.7.L.3.4	PE.7.L.3.2	PE.7.M.1.2						14	15	16	17	18	
18	19	20	21	22	PE.7.L.3.1	PE.7.C.2.1								21	22	23	24	25	
25	26	27	28	29										28	29	30	31		
November 2021					Unit 4: Soccer										April 2022				
1	2	3	4	5	<u>Course Standards - CPALMS</u>					Essential Topics and Vocabulary									1
8	9	10	11	12	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, Handball, Foul, Trap, Pass, Goalie, Midfield, Fullback, Forward, Shoot, Corner-kick, Goal-kick, Punt, Offense, Defense, In-step, Throw-in, Goal, Cardiovascular Endurance, Penalty, Free Kick					4	5	6	7	8	
15	16	17	18	19	PE.7.M.1.1	PE.7.R.6.3	PE.7.L.3.3	PE.7.M.1.2						11	12	13	14	15	
22	23	24	25	26	PE.7.M.1.1	PE.7.R.6.3	PE.7.L.3.3	PE.7.M.1.2						18	19	20	21	22	
29	30				PE.7.L.2.5	PE.7.C.2.3	PE.7.L.3.4							25	26	27	28	29	
December 2021					Unit 5: Flag Football										May 2022				
		1	2	3	<u>Course Standards - CPALMS</u>					Essential Topics and Vocabulary					2	3	4	5	6
6	7	8	9	10	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 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					9	10	11	12	13	
13	14	15	16	17	PE.7.L.3.1	PE.7.L.3.5	PE.7.M.1.1	PE.7.M.1.2						16	17	18	19	20	
20	21	22	23	24	PE.7.M.1.3	PE.7.M.1.7	PE.7.M.1.9	PE.7.R.5.3						23	24	25	26	27	
27	28	29	30	31	PE.7.R.5.5	PE.7.R.6.2								30	31				
NO CLASSES					Unit 6: Lacrosse														
					<u>Course Standards - CPALMS</u>					Essential Topics and Vocabulary									
					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, Checking, Keep-Away, Cutting, Draw, Dodging, Three-Second Rule, Outlet Pass, Goalkeeper, End Line, Possession, Fair Play, Sportsmanship, Integrity, Rules, Boundaries										
					PE.7.M.1.3	PE.7.C.2.6	PE.7.C.2.3	PE.7.M.1.9											
					PE.7.L.3.2	PE.7.C.2.8	PE.7.L.3.3	PE.7.L.3.1											
					PE.7.R.5.5														
FITNESSGRAM POST ASSESSMENT																			
COMMON ASSESSMENT/END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES																			