

Physical Education 7 Course Overview

| Unit | Major Concepts | Skills | Summative Assessments |
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| Fitness (all three trimesters) | Health Related Components of Fitness: Cardiovascular, Muscular Strength and Endurance and Flexibility, Skill Related components of fitness, Fitness Testing, Goal Setting, Principles of training, Knowledge of muscle groups | Static and dynamic stretches Proper use of various cardio and weight equipment Finding resting and target heart rate Yoga postures | Fitness testing |
| Cooperative Games | Individual contribution to group effort | Demonstrate safety and use of rules. Work cooperatively and resolve conflicts | Self-evaluation (individual and group) |
| Individual/Dual Sports *badminton *pickleball *tennis | Offense/Defense, Open spaces, Communication, Sportsmanship, Safety, Rules, Scoring | Serve, forehand, backhand, Positioning Reading opposition | Student referee |
| Team Sports *Soccer *Volleyball *Ultimate *Team handball *Basketball *Flag football *Flag rugby | Offense/Defense, Open spaces, Communication, Sportsmanship and teamwork, Safety, Rules, Scoring | Throwing and Catching Striking object with body parts Move into open spaces Positioning, guarding Use of all skills in small sided game situation | Teacher Observation, Teacher Checklist, Teacher/Student Discussion, Authentic Assessment (Actual Performance), Self Assessment, Peer Assessment, Cognitive Assessment |

