

Physical Education 7 Course Overview

Unit	Major Concepts	Skills	Summative Assessments
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, Fitness Planning, FITT principle, 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 *pickle ball	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