

7th Grade Physical Education Curriculum Map

A.PE.07.01 Participate in physical activities that are vigorous in intensity level (i.e., a minimum of 60% of class time sustaining a minimum of 70% of target heart rate) in physical education while exploring a wide variety of target, net/wall, invasion, striking/fielding/running games, rhythmic activities, outdoor pursuits, aquatics, and fitness-related activities inside physical education.

A.HR.07.02 Meet the criterion-referenced cardiorespiratory health related fitness standards for age and gender (e.g., PACER, Step Test, One Mile Run, Walk Test, Hand-cycle Test).

A.HR.07.08 Identify the principles of training (frequency, intensity, type, time, overload, specificity).

B.PS.07.01 Exhibit behaviors which exemplify each of the personal/ social character traits of responsibility, best effort, cooperation, and compassion in controlled settings.

K.HR.07.02 Use the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand-cycle Test).

M.AQ.07.03 Demonstrate selected elements of mature form for the basic aquatic skills of front crawl and breaststroke in controlled settings.

M.AQ.07.04 Demonstrate selected elements of mature form for the basic aquatic skill of backstroke in controlled settings.

M.MS.07.06 Perform a four-element movement sequence (e.g., simple rhythmic, aerobic, or tumbling activities) in controlled settings.

M.IG.07.01 Demonstrate selected off-the-ball tactical movements (e.g., maintaining possession, attacking goal, creating space), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 3 vs. 3).

M.IG.07.02 Demonstrate selected on-the-ball tactical movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 3 vs. 3).

M.RA.07.01 Demonstrate two rhythms, simultaneously, in two different parts of the body

M.NG.07.01 Demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).

M.NG.07.02 demonstrate selected elements of tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).

Duration	Unit Name/Content	Standards	Assessments	Literacy Activities	Skills
8 days	Aquatics <ul style="list-style-type: none"> Motor Skills 	M.AQ.07.03 M.AQ.07.04	Authentic Assessment: Skill assessments that are	Close Reading	<ul style="list-style-type: none"> Basic swimming skills for the front crawl, back stroke, breast

	<ul style="list-style-type: none"> ● Movement Patterns ● Improve Swim Strokes ● 10 minute tread water test ● 250 yard swim 		observed in the game or activity.		stroke, and treading water.
All	Aerobics <ul style="list-style-type: none"> ● Motor Skills ● Fitness and Physical Activity ● Performing daily warm up 	A.PE.07.01 A.HR.07.02 A.HR.07.08 K.HR.07.02	<u>Authentic Assessment:</u> Skill assessments that are observed during the aerobic activity. The mile run, Pretest and posttest.	Close Reading	<ul style="list-style-type: none"> ● Sustaining 70% of target heart rate. ● Measuring personal heart rate checks. ● Understand how to identify the frequency, intensity, type, time, overload, specificity. ● Meet the cardio-respiratory fitness standards for age and gender.
5 days	Basketball <ul style="list-style-type: none"> ● Invasion Games ● Motor Skills ● Movement Patterns 	M.IG.07.01 M.IG.07.02	<u>Authentic Assessment:</u> Skill assessments that are observed in the game or activity.	Close Read	<ul style="list-style-type: none"> ● Off-the-ball tactical movements, preventing scoring and starting/restarting play during modified invasion games. ● On-the-ball tactical movements of scoring, preventing scoring, and starting/restarting game play during modified invasion games.
7 days	Ultimate Frisbee <ul style="list-style-type: none"> ● Invasion Games ● Cooperation ● Motor Skills ● Movement Patterns 	M.IG.07.01 M.IG.07.02 B.PS.07.01	<u>Authentic Assessment:</u> Skill assessments that are observed in the game or activity.	Close Read	<ul style="list-style-type: none"> ● Off-the-ball tactical movements, preventing scoring and starting/restarting play during modified invasion games. ● On-the-ball tactical movements of scoring, preventing scoring, and starting/restarting game play during modified invasion games. ● Exhibit behaviors which

					exemplify each of the personal/ social character traits of responsibility, best effort, and cooperation .
7 days	Floor Hockey <ul style="list-style-type: none"> • Invasion Games • Motor Skills <ul style="list-style-type: none"> ○ Dribbling skills. ○ Passing skills. • Movement Patterns 	M.IG.07.01 M.IG.07.02	<u>Authentic Assessment:</u> Skill assessments that are observed in the game or activity.	Close Read	<ul style="list-style-type: none"> • Off-the-ball tactical movements, preventing scoring and starting/restarting play during modified invasion games. • On-the-ball tactical movements of scoring, preventing scoring, and starting/restarting game play during modified invasion games. <ul style="list-style-type: none"> • Exhibit behaviors which exemplify each of the personal/ social character traits of responsibility, best effort, cooperation, and compassion. •
8 days	Badminton <ul style="list-style-type: none"> • Net games • Motor Skills • Movement Patterns 	M.NG.07.01 M.NG.07.02	<u>Authentic Assessment:</u> Skill assessments that are observed in the game or activity.	Close Read	<ul style="list-style-type: none"> • Demonstrate selected solutions to tactical problems, including off-the-object problems of scoring and preventing scoring during modified net/wall games. • Demonstrate selected elements of tactical problems, including on-the-object movements of scoring and preventing scoring during modified net/wall games. <ul style="list-style-type: none"> • Exhibit behaviors which exemplify each of the personal/ social character traits of responsibility, best effort, cooperation, and compassion.

All	Personal/Social Behaviors and Values <ul style="list-style-type: none"> ● Regular Daily Participation ● Responsibility ● Best effort ● Cooperation ● Compassion 	B.PS.07.01 B.RP.07.01	<u>Authentic Assessment:</u> Skill assessments that are observed during the class period.	Vocabulary	<ul style="list-style-type: none"> ● Exhibit behaviors which exemplify each of the personal/ social character traits of responsibility, best effort, cooperation, and compassion. ● Choose to participate in activities that are personally challenging.
7	Flag Football <ul style="list-style-type: none"> ● Invasion Games ● Cooperation ● Motor Skills ● Movement Patterns 	M.IG.07.01 M.IG.07.02	<u>Authentic Assessment:</u> Skill assessments that are observed in the game or activity.	Close Read	<ul style="list-style-type: none"> ● Off-the-ball tactical movements, preventing scoring and starting/restarting play during modified invasion games. ● On-the-ball tactical movements of scoring, preventing scoring, and starting/restarting game play during modified invasion games. ● Exhibit behaviors which exemplify each of the personal/ social character traits of responsibility, best effort, and cooperation.