

7th Grade – Physical Education Curriculum

Updated 7/22/2025

2.2.8.MSC.1-7, 2.2.8.PF.1-5, 2.2.8.LF.1-7, 2.3.8.PS.1, 2.3.8.PS.4, 2.3.8.PS.5, 2.3.8.PS.6

- utilize safe, efficient and effective movement to develop and maintain a healthy, active lifestyle
- demonstrate mechanically correct form and control when using and combining movement skills in applied settings (game/sport/dance/recreational)
- demonstrate how equilibrium, rotation, and range of motion impact performance and apply the impact of force and motion during physical activity various settings
- analyze participant and observer behaviors for evidence of good sportsmanship
- use specific strategies, including visualization and positive self-talk, to prepare for physical activity and assess their effectiveness (sports psychology)
- summarize the potential short and long term physical, social, and emotional benefits of regular physical activity
- differentiate how body systems adapt to acute exercise vs. regular exercise over a period of time and predict how factors such as health status, interests, environmental conditions, and available time impact personal fitness
- analyze the positive and negative impacts of technological advances on exercise, health and fitness and describe ways to achieve a healthy body through healthy eating and physical activity
- describe and demonstrate various training methods, including isotonic, isometric, interval, and circuit methods
- engage in variety of sustained, vigorous physical activities that enhance fitness; perform at the intensity level needed to enhance cardiovascular fitness, as determined by target heart rate, perceived exertion, and recovery heart rate
- monitor physiological responses before, during and after exercise and compare changes
- use data to develop a personal fitness plan and use technology to evaluate the implementation and outcomes; demonstrate age and gender specific progress toward improving fitness

Extended Activities

1. **Modified Volleyball Tournament** - Objective: Strengthen volleying, serving, and communication skills. Play 4 vs. 4 or 6 vs. 6 games with rotating teams. Allow underhand serves and three-hit plays (bump, set, spike). Emphasize teamwork, rotation, and court awareness. Optional: assign student referees and scorekeepers.
2. **Team Strategy Games: Capture the Cone** - Objective: Enhance communication, planning, and fitness. Each team guards 3 cones while trying to steal cones from others. If tagged in another team's zone, complete an exercise to return. Use teamwork to distract, protect, and capture. Add a rule twist mid-game (e.g., silent round, time attack, bonus cone).

Gifted and Talented

1. **P.E. Choice Board Challenge** - Objective: Promote student autonomy, engagement, and goal setting. Sample Categories: Strength (e.g., 20 push-ups, 30-second wall sit), Cardio (e.g., jog 4 laps, jump rope 3 minutes), Agility (e.g., cone zig-zag), Partner challenge (e.g., pass & catch for 2 minutes)

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The students running the activity will choose 1 activity per category to complete during class and decide if this should be done individually or in pairs/groups. The group leader will monitor the exercise and their form and correct them.