

| Instructor: | | | | |
|--------------------|-----------------------------------|--|--|---|
| Course/Area | Bigfork Physical Education | Semester Class (90 days) | | Grade: 7 |
| Time | Content/Topics | Standard | Skills/Process | Assessment/Products |
| 5 Days | Fitness Testing | Physical Education and Lifetime Fitness Physical Education and Fitness: A student shall demonstrate understanding of motor skills and physical fitness and participate in physical activities that develop motor skills and physical fitness by: 1) describing rules, skills, strategies and etiquette associated with physical education activities; 2) describing the benefit of daily participation in physical activities; 3) describing the components of fitness planning; 4) showing evidence of implementing a fitness plan 5) showing evidence of age-appropriate physical fitness 6) demonstrating motor skills required for individual, dual and team activities, and; 7) displaying proper etiquette and team-building skills in dual and group activities. | comparison fitness and health knowledge | physical test oral questioning |
| 7 Days | Flag Football | Physical Education and Lifetime Fitness Physical Education and Fitness see above | activity specific motor skills rules, terminology, strategies etiquette, safety | written quiz observation athletic competition |
| 7 Days | Soccer | Physical Education and Lifetime Fitness Physical Education and Fitness see above | student enactment activity specific motor skills rules, terminology, strategies etiquette, safety | written quiz observation athletic competition |

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| 7 Days | Volleyball | Physical Education and Lifetime Fitness Physical Education and Fitness see above | student enactment activity specific motor skills rules, terminology, strategies etiquette, safety | written quiz observation athletic competition |
| 2 Days | Weight Room Introduction | Physical Education and Lifetime Fitness Physical Education and Fitness see above | oral presentation demonstration student enactment | oral questioning student demonstration |
| 12 Days | Basketball | Physical Education and Lifetime Fitness Physical Education and Fitness see above | activity specific motor skills rules, terminology, strategies etiquette, safety | observation written quiz athletic competition |
| 16 Days | Recreational: Bran Ball, Mat Ball Juggling Capture the Flag | Physical Education and Lifetime Fitness Physical Education and Fitness see above | gross motor skills fine motor skills fitness skills | observation oral questioning |
| 4 Days | Dance | Physical Education and Lifetime Fitness Physical Education and Fitness see above | demonstration | dance movement observation enactment |
| 6 Days | Team Handball | Physical Education and Lifetime Fitness Physical Education and Fitness see above | activity specific motor skills rules, terminology, strategies etiquette, safety | written quiz athletic competition |

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| 8 Days | Floor Hockey | Physical Education and Lifetime Fitness Physical Education and Fitness see above | activity specific motor skills rules, terminology, strategies etiquette, safety | written quiz model athletic competition |
| 8 Days | Softball Inside | Physical Education and Lifetime Fitness Physical Education and Fitness see above | activity specific motor skills rules, terminology, strategies etiquette, safety | written quiz model skill observation |
| 8 Days | Track/Field | Physical Education and Lifetime Fitness Physical Education and Fitness see above | activity specific motor skills rules, terminology, strategies etiquette, safety | athletic competition written quiz model |