

Instructor: Barb Skalko, Kim Keating, Brenda Stoeke		Course/Area Physical Education/Fitness		Semester Class (85-90 days)	Grade: 7
Time	Content/Topics	Standard	Skills/Process	Assessment/Products	
22-24 Days	Swimming	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.	review: front crawl and back crawl new strokes: sidestroke and elementary back stroke surface dives standing dives treading water lifesaving jump water and pool safety water polo and other games	skill testing	
10 Days	Tennis	Physical Education and Lifetime Fitness Physical Education and Fitness see above	forehand and backhand serve game play - doubles terms and understanding	written evaluation tournament	
8 Days	Fitness	Physical Education and Lifetime Fitness Physical Education and Fitness see above	push ups, curl ups mile run/walk site and reach, flexibility shoulder stretch trunk lift height, weight, body mass index	healthy zone (norms)	

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15 Days	Basketball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	ball handling: dribbling, passing (three types) shooting technique "BEEF" shooting games 3 on 3 offensive/defensive, knowledge and technique skills performance	study guide written worksheet skills test - shooting participation	
10 Days	Volleyball	Physical Education and Lifetime Fitness Physical Education and Fitness see above	passing skills: bump, set serve game play	study guide skill test: serving written test	
8 Days	Soccer	Physical Education and Lifetime Fitness Physical Education and Fitness see above	dribbling passing shooting game play strategies/knowledge	participation	
5 Days	Bowling	Physical Education and Lifetime Fitness Physical Education and Fitness see above	ball delivery spot bowling manual scoring etiquette	take home test score game	
5 Days	Miscellaneous Games floor hockey bombardment cooperative games	Physical Education and Lifetime Fitness Physical Education and Fitness see above	team work, cooperation strategies	participation	

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5 Days	Curling	Physical Education and Lifetime Fitness Physical Education and Fitness see above	game knowledge exposure	participation	