

7th Grade PE

Physical Education

Grade(s) 7th, Duration 1 Semester, 1 Credit
Required Course

Course Overview

Timeframe	Unit	Scope And Sequence
		Instructional Topics
5 Week(s)	Net Sports_Copy	1. Speedminton 2. Volleyball 3. Badminton 4. Boundball 5. Pickleball
8 Week(s)	Team Sports_Copy	1. Basketball 2. Baseball 3. Football 4. Soccer 5. Ultimate Frisbee 6. Hockey 7. Long Base/Kickball 8. Handball
2 Week(s)	Archery_Copy	1. Introduction to Archery 2. Archery
2 Week(s)	Dodging and Fleeing_Copy	1. Dodgeball/Capture the Flag

Course Details

Unit: Archery_Copy

Duration: 2 Week(s)

Unit Description

Students will be introduced to a archery. The students will be introduced to the 11 steps of archery success.

Topic: Introduction to Archery

Duration: 5 Day(s)

Topic Description (short)

Students will be able to identify and apply the 11 steps to archery success by watching safety course videos and by having practice runs down the range before shooting.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing

Dodging

Blocking

Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Archery

Duration: 2 Day(s)

Topic Description (short)

Students will demonstrate the safety and skills learned from the 11 steps of archery success.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing

Dodging

Blocking

Catching

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Learning Targets linked to Priority Standard = +

Unit: Dodging and Fleeing_Copy

Duration: 2 Week(s)

Unit Description

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Students will be introduced to a variety of dodging and fleeing activities/games. These activities/games include multiple types of dodgeball and capture the flag.

Topic: Dodgeball/Capture the Flag

Duration: 2 Week(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the games of dodgeball/capture the flag.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...


Throwing

Dodging

Blocking

Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = 

Unit: Net Sports_Copy

Duration: 5 Week(s)

Unit Description

Students will be introduced to a variety of team and dual sports involving the use of a net. These sports include volleyball, boundball, pickleball, badminton, and speedminton.

Enduring Understandings (Knowledge & Skills)

Students will learn the rules, skills, and etiquette associated with...

Volleyball

Boundball

Pickleball

Badminton

Speedminton

Topic: Speedminton

Duration: 3 Period(s)

Topic Description (short)

Students will learn the skills, rules, and etiquette related to speedminton.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...


Throwing

Dodging

Blocking

Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = 

Topic: Volleyball

Duration: 5 Period(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of volleyball.

Learning Targets

Students will be able to successfully perform the following skills with 70% success...

Underhand Serve

Bump

Set

Hit

Learning Targets

The student will be able to demonstrate competence in skill techniques related to speedminton.

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.


Description: Skills...

Throwing

Dodging

Blocking

Catching

Learning Targets linked to Priority Standard = 

Topic: Badminton

Duration: 4 Period(s)

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Topic Description (short)

Students will learn the skills, rules, and etiquette related to badminton.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing

Dodging

Blocking

Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Boundball

Duration: 5 Period(s)

Topic Description (short)

The student will learn skills, rules, and etiquette related to boundball.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing

Dodging

Blocking

Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Pickleball

Duration: 5 Period(s)

Topic Description (short)

Students will learn the skills, rules, and etiquette related to pickleball.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing

Dodging

Blocking

Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Unit: Team Sports_Copy

Duration: 8 Week(s)

Unit Description

Students will be introduced to a variety of Team Activities. These team sports include basketball, baseball, football, soccer, hockey, ultimate frisbee, and long base/kickball.

Enduring Understandings (Knowledge & Skills)

Students will learn the rules, skills, and etiquette associated with...

Basketball

Baseball

Football

Soccer

Hockey

Ultimate Frisbee

Long Base/Kickball

Topic: Basketball

Duration: 5 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of basketball.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

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Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Baseball

Duration: 5 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of baseball.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Football

Duration: 4 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of football.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Soccer

Duration: 5 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of Soccer.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = +

Topic: Ultimate Frisbee

Duration: 3 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of ultimate frisbee.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

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Description: Skills...

Throwing
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Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = 

Topic: Hockey

Duration: 5 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of hockey.


Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = 

Topic: Long Base/Kickball

Duration: 4 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of Long Base/Kickball.


Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = 

Topic: Handball

Duration: 5 Day(s)

Topic Description (short)

Students will learn the basic skills, rules, and etiquette associated with the game of handball.

Learning Targets

The student will be able to analyze skills related to dodgeball/capture the flag and correct errors to improve skill technique.

Description: Skills...

Throwing
Dodging
Blocking
Catching

The student will be able to demonstrate competence in skill techniques related to speedminton.

Learning Targets linked to Priority Standard = 