

PE

Syllabus: Grade 7

Course Description

The primary objectives of this class are to improve physical fitness, increase knowledge and skills of lifetime sports, and develop awareness of healthy practices. Therefore, the physical education course is designed to provide students at this grade level with the opportunity to develop competency in many movement forms and their relation to fitness. The focus is on introductory skills and knowledge necessary for understanding and participating. The teaching at this level focuses on basic skill, lead up games, techniques and strategies that will give each students competency in each activity. This class is designed to meet the physical, mental, and social needs of the whole student.

Contact Hours:

Daily (Monday to Friday)

Class length: 45 min.

Standards

The ministry of education adopted 7 standards for quality physical education learning outcome published by the National Association of Sports and Physical Education and added an eighth to include rules, strategy and safety. The eight standards run throughout the eight grade levels.

Competency Level

Each competency is a direct reflection of the standard of the curriculum. They are the means for achieving the curriculum standards at each grade level. The competencies are designed to be general enough for flexibility, but specific enough for the teacher to create specific lessons plans.

Objective

The suggested objectives in the curriculum are written to serve as an example of ways in which objectives can be written. Teachers are free to create their own objective to achieve the desired outcomes of each competency.

Resources/Books

Ministry of Education Physical Education Curriculum
Spark PE curriculum resource
Open Physed. Resources and website
Fitness gram (physical fitness testin

Class Rules

Students are expected to:

1. Come to class prepared
2. Give best effort
3. Follow directions
4. Demonstrate good listening skills
5. Follow rules during activities
6. Show good sportsmanship
7. Behave respectfully towards self, others, and PE equipment

Grading

Effort and Behavior & Activity

- 1 - Outstanding
- 2 - Satisfactory
- 3 - Needs Improvement
- 4 - Unsatisfactory

Curriculum Standards:

I: Movement Form

IV: Physical Fitness

VII: Understanding Challenge

II: Movement Concept

V: Responsible Behavior

VIII: Decision Making

III: Physical Activity

VI: Respect for Others

Course Requirements

1. Special Condition – Students with special conditions that will limit or prohibit them from participation in PE class should have a note form a doctor or a medical form to allow teacher to structure class for participation or to excuse the student.
2. Absent – A student that is absent must turn in a valid excuse in order for him/her to receive a make up assignment from PE teacher. If unexcused, student will be given a 1point and will not be given a make up assignment.
3. Clothing – All students are required to attend physical education in their school PE uniform.
4. Shoes – Flat rubber soled only (sports shoes) no elevated soles, sandals, or slip-ons.
5. Jewelry – Students should remove all jewelries before participation in PE.
6. Water Bottles – All students are required to bring water bottle to PE class.

Content Theme

Gross Motor Development	Emotional & Behavioral Self Regulation	Relationship with others	Cognitive learning
<p>Closes space to create an advantage or with a specific purpose in dance, fitness, and sport activities.</p> <p>Combines mature locomotor & manipulative skills dance, fitness & sport environments.</p> <p>Closes space to create an advantage or with purpose in dance, fitness, and sport activities.</p>	<p>Explains the relationship between self-expression and lifelong enjoyment of physical activity.</p> <p>Demonstrates knowledge of rules and positive behavior by self-officiating modified activities or following parameters to perform or create games.</p> <p>Demonstrates both internal and external motivation by selecting opportunities to participate in physical activity outside of class.</p>	<p>Demonstrates the importance of social interaction by helping and encouraging others, avoiding trash talk, and providing support to classmates.</p>	<p>Identifies barriers to maintaining a physically active lifestyle and seeks solutions for eliminating barriers.</p> <p>Identifies and explains the relationship between the five components of health-related fitness and disease prevention.</p> <p>Defines Heart Rate as a way to measure activity Intensity.</p> <p>Designs a fitness and nutrition plan based on personal fitness goals, emotional and mental health needs and activity preferences.</p>

Sample activities			
Basketball	Swimming	Baseball	Movement & Rhythmic
Volleyball	Fitness	Soccer	lead-up games
Table tennis	Athletics		