

# Blackhawk School District

## CURRICULUM

**Course Title:** Physical Education  
**Grade Level(s):** Grade 7  
**Periods per week:** Every Other day  
**Length of Period:** 45 minutes  
**Length of Course:** Year  
**Faculty Author(s):** Rick Ford and Ruth Carothers  
**Date:** Fall 2008; Revised May '09

**COURSE DESCRIPTION:** The Physical Education curriculum provides opportunities for students to experience a broad and diverse selection of games and sports, individually and team, fitness activities and lifetime activities. Students learn and improve skills that enhance enjoyment of participation and enable students to identify physical activities they may want to learn more about in the future.

*The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.*

| COURSE OUTLINE & Proposed Time   | OBJECTIVES (PA standard)   | RESOURCES    | LESSON REFLECTION<br>(for future revisions) |
|--|--|--------------|---|
| Fitness Center (25 days)<br>Circuit training (12 strength & 12 aerobic steps)<br><br>Fitness Testing (7 days)<br>✓ 50yd, 100yd 600 yd<br>✓ Sit-ups<br>✓ Pushups<br>✓ Shuttle run<br>✓ Broad jump<br>✓ Flex arm hang<br>✓ Rope climb<br>✓ Jump rope | 10.3.9 D Understand the role of individual responsibility for safety during organized group activities.<br><br>10.4.6 F Identify and describe positive and negative interactions of group members in physical activities including leading, following, teamwork and adherence to rules.<br><br>10.5.12 F Apply game strategies of physical activities (individual, team, lifetime, outdoor). | PE Equipment |   |
| Team Sports (20 days)<br>✓ Wiffleball<br>✓ Flag football<br>✓ Indoor soccer<br>✓ Outdoor soccer<br>✓ Volleyball<br>✓ Floor hockey<br>✓ Team handball   | 10.5.6 D Describe and apply the principles of exercise to the components of health-related and skill-related fitness including cardio respiratory endurance, muscular strength, muscular endurance, flexibility, body composition, aerobic, anaerobic, circuit interval, repetition and set.   |              |   |

| COURSE OUTLINE & Proposed Time   | OBJECTIVES (PA standard)  | RESOURCES | LESSON REFLECTION<br>(for future revisions) |
|--|---|-----------|---|
| Lifetime Sports (7 days) <ul style="list-style-type: none"> <li>✓ Table tennis</li> <li>✓ Bocce</li> <li>✓ Shuttle board</li> <li>✓ Badminton</li> <li>✓ Horseshoes</li> <li>✓ Bowling</li> <li>✓ Topp Toss</li> <li>✓ Baggo</li> </ul>                                      | .<br>10.5.9 A Apply the components of skill-related fitness to movement performance to promote lifelong participation.<br><br>10.5.9 C Identify and apply practice strategies for skill improvement.<br><br>10.4.6 E Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. |           |   |
| Cooperative Games (20 days) <ul style="list-style-type: none"> <li>➤ Kin ball</li> <li>➤ Scooter Soccer</li> <li>➤ 4 corner capture</li> <li>➤ Crazy Kickball</li> <li>➤ Capture the flag</li> <li>➤ Tug-of-war</li> <li>➤ Red rockets</li> <li>➤ Obstacle Course</li> </ul> | .<br>10.4.9 C Analyze factors that affect the responses during moderate to vigorous physical activities (healthy fitness zone, blood pressure checks and fitness status).<br><br>10.4.9 A Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.  |           |   |
| School Tournaments (10 days) <ul style="list-style-type: none"> <li>✓ Volleyball</li> <li>✓ Basketball</li> <li>✓ Hot Shots</li> <li>✓ Free Throw Contest</li> </ul><br>Archery (5 days) <ul style="list-style-type: none"> <li>✓ Olympic Style Shooting</li> </ul>          | .<br>10.4.9 B Understand the effects of regular participation in moderate to vigorous physical activities in the body systems (weight management).  |           |   |

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|--|--|------------------|---|
| Mental Health<br>Conflicts<br>5 days               | 10.3.9 C Identify strategies to avoid or manage conflict and violence during adolescence including effective negotiation and assertive behavior. |                  |   |
| Body systems<br>Digestive<br>Circulatory<br>5 days | 10.1.9 B Analyze the interdependence existing among the body systems.  |                  |   |
| Personal Care<br>5 days                            | 10.2.9 B Explain the relationship between health-related information (tobacco, weight control products, personal care).                          |                  |   |