



**Course Title:** Physical Education 7

**Content Area:** Physical Education

**Grade Level:** 7

## Scope and Sequence

Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Proper Warmup	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	-Dynamic Warmup	-Teacher Led Workout -Observation Of correct movements	Students are allowed to modify movements.	All content is teacher created. Materials are posted on Blackboard. IPAD Seconds Pro App
HIIT High Intensity Interval Training	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	-Introduction to High Intensity Interval Training -Sequence of Workouts -Workout of the Day (WOD) Workout of the Day -Cardio -Full Body -Upper Body -Lower Body -Core	-Teacher Led Workout -Observation Of correct movements	Students are allowed to rest and drink water if needed.	All content is teacher created. Materials are posted on Blackboard. IPAD Seconds Pro App



**Course Title:** Physical Education 7

**Content Area:** Physical Education

**Grade Level:** 7

Yoga	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	Introduce Three Types of Breathing -Fog the Glass -Smell the Flowers Blow Out the Candles -Darth Vader Breathing  Yoga Flows -Standing Poses -Ground Poses -Combo of Standing and Ground Poses	-Teacher Led Workout -Observation Of correct movements	Students are allowed to rest and drink water if needed.	All content is teacher created. Materials are posted on Blackboard.
Football	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	Introduce how to hold, throw and catch a football -Participate in Ultimate Football -Flag Football	-Rubric for skills related how to throw and catch a football	Adjustment of grip based on size of hand	All content is teacher created. Materials are posted on Blackboard.
Capture the Flag	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	-Discuss the concepts related to participating in Capture the Flag	-Explanation of rules -Participation in Capture the Flag		All content is teacher created. Materials are posted on Blackboard.
Kickball	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	-Explain and demonstrate how to kick a kickball -Run the Bases -Play Defense	-Explanation of rules -Participation in Kickball	Adjust speed of the ball to kick it.	All content is teacher created. Materials are posted on Blackboard.



**Course Title:** Physical Education 7

**Content Area:** Physical Education

**Grade Level:** 7

Lacrosse	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	-Identify Parts of the Lacrosse Stick -Demonstrate how to hold a Lacrosse stick -Explain and demonstrate how to Scoop, Catch, Cradle and Throw a Lacrosse Ball	-Demonstrate and explain movements related to Rubric for Skills participating in Lacrosse	-Use modifications of the hand placement for success in throwing and catching	All content is teacher created. Materials are posted on Blackboard.
Volleyball	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	Demonstrate and explain the boundaries of the game of volleyball -Demonstrate and explain how to bump, set, dig and serve a volleyball	-Demonstrate and explain movements related to participating in Volleyball	-Modify game based on the number of times the ball can be hit before going over the net.	All content is teacher created. Materials are posted on Blackboard.
Basketball	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	Demonstrate and explain how to: dribble pass shoot -Identify the boundaries and places on the court and basketball hoop -Knockout -Shootaround HORSE	Rubric for skills related to basketball	Play Modified games	All content is teacher created. Materials are posted on Blackboard.



**Course Title:** Physical Education 7

**Content Area:** Physical Education

**Grade Level:** 7

			-3 on 3 Tournament			
Floor Hockey	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	Discuss safety when using the hockey sticks. -Controlling the hockey ball -Accurate passing -Wrist shots -Slap Shots	Rubric for skills related to basketball	Play Modified Games	
Aquatics Water Safety	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	Intro to Water Safety Practice-Safe Water Entry Proper entrance and exit of the pool	Review of Pool Rules and Procedures Quiz	Use of floatation devices while practicing skills	Google Drive Instructional Swimming Videos
Body Position Freestyle Stroke	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	-Head Down eyes looking at the bottom of the pool -Hips Up Streamline position	-Kickboard drills -Self Assessment -Swim Test Using Rubric	Use of floatation devices while practicing skills	Google Drive Instructional Swimming Videos
Flutter Kick Freestyle Stroke	Health, Safety and Physical Education 10.3 10.4 10.5	1 week	-Knees slightly bent -toes pointed, ankles loose -6 kick timing	-Kickboard drills -Self Assessment -Swim Test Using Rubric	Use of floatation devices while practicing skills	Google Drive Instructional Swimming Videos
Arms Freestyle Stroke	Health, Safety and Physical Education 10.3 10.4 10.5	1 Week	-Thumb first entry of hand -High Elbows -Pull -Body Roll	-Kickboard drills -Self Assessment -Swim Test Using Rubric	Use of floatation devices while practicing skills	Google Drive Instructional Swimming Videos



**Course Title:** Physical Education 7

**Content Area:** Physical Education

**Grade Level:** 7

Freestyle Stroke Complete Stroke	Health, Safety and Physical Education 10.3 10.4 10.5	1 Week	Complete Stroke	-Self Assessment -Swim Test Using Rubric	Use of floatation devices while practicing skills	Google Drive Instructional Swimming Videos
-------------------------------------	---	--------	-----------------	--	---	---