

# GOOD SHEPHERD EPISCOPAL SCHOOL

## 7<sup>TH</sup> GRADE PHYSICAL EDUCATION YEAR AT A GLANCE

Trimester	Month	Topics	Skills
First Trimester	August	Rules & Guidelines Class Expectations	Overview & Orientation
	September	Badminton Unit  Begin Swim Unit at Town North YMCA	Combine skills competently to participate in modified versions of team and individual sports.  Identify and apply similar movement concepts and elements in a variety of sport skills such as throwing and tennis serving.  Demonstrate, without cue, critical elements in specialized skills related to sports such as striking with a racket.  Develop basic swimming techniques such as freestyle, butterfly, breast stroke, back stroke.
	October	Complete Swim Unit at Town North YMCA  Fitness Gram Fall Assessment	Identify the importance of water safety.  Fall assessment of physical fitness including: flexed arm hang, sit and reach, trunk raise, curl-ups, and the Pacer Test.
Second Trimester	November (End of First Trimester/ Beginning of Second Trimester)	Athletic Unit Rotation (Basketball, Volleyball, and Soccer)  Recreational Games (Floor Hockey, Team Handball, Ultimate Frisbee, Indoor Paddle Ball)	Identify and follow rules while playing sports and games.  Demonstrate appropriate relationships of the body to an opponent in dynamic game situations such as staying between opponent and goal and moving between opponent and the ball.  Use basic offensive and defensive strategies while playing a modified version of a sport.  Demonstrate, without cue, critical elements in specialized skills related to sports such as serving and bumping, volleyball, shooting a basketball, shooting a lay-up, striking with foot.

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	December	Begin Strength and Conditioning at Town North YMCA	Describe the importance of goal setting in improving skill.  Maintain healthy levels of flexibility.  Develop and maintain muscular strength and endurance of the arms, shoulders, abdomen, back, and legs.
	January	Complete Strength and Conditioning at Town North YMCA  7 <sup>th</sup> Grade Classroom of the Earth Training	Identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs.  Demonstrate introductory outdoor pursuit skills such as backpacking, orienteering, hiking, and canoeing.
	February	Healthy Heart Month  AHA Jump Rope for Heart  Rock Climbing and Fitness Activities	Participate in moderate to vigorous physical activity for a sustained period of time on a regular basis.  Select aerobic exercises and describe the effects on the heart and overall health.  Demonstrate introductory outdoor pursuit skills such as rock climbing.
Third Trimester	March	Spring Athletic Rotation (Track and Field, Softball, Flag Football)	Distinguish between compliance and noncompliance rules and regulations and apply agreed upon consequences when officiating.  Demonstrate appropriate speed and generation of force such as running sprints, running distance, throwing a disc, jumping, or kicking.  Demonstrate, without cue, critical elements in specialized skills related to sports such as overhand throw for distance/force or batting.
	April	Complete Spring Athletic Rotation  Swim Unit at Town North YMCA	Work cooperatively in a group to achieve group goals in competitive as well as cooperative settings  Use peer interaction positively to enhance personal physical activity and safety such as encourage friends and join teams.
	May	Fitness Gram Spring Assessment  Recreational Games	Spring assessment of physical fitness including: flexed arm hang, sit and reach, trunk raise, curl-ups, and the Pacer Test.

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		Identify favorite lifelong physical activities.
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\* This YAG will change. It is meant only to provide a quick look at the topics that will be addressed during the school year. Class progress, ERB testing, school trips, and inclement weather will all merit YAG adjustments.