

GOOD SHEPHERD EPISCOPAL SCHOOL

7TH 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. |

GOOD SHEPHERD EPISCOPAL SCHOOL

7TH GRADE PHYSICAL EDUCATION YEAR AT A GLANCE

| | | | |
|-----------------|----------|--|--|
| | 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 th 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. |

GOOD SHEPHERD EPISCOPAL SCHOOL

7TH GRADE PHYSICAL EDUCATION YEAR AT A GLANCE

| | | |
|--|--|---|
| | | Identify favorite lifelong physical activities. |
|--|--|---|

* 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.