



M/J Comprehensive PE Grade 6/7

PE - Year at a Glance

M/J Comprehensive PE Grade 6/7

Course # 1508060

A Note to Parents: This course is a semester course. In this document, the standards have been broken into two categories: Cognitive abilities/lifetime fitness and movement competency. Students will address the course's standards through the study and participation in physical education.

Please note: the units of study listed below indicate the course sequence. Instructional pacing may vary.

Course Description

This course is designed for 6th and 7th grade students and intended to be 18 weeks in length. The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.

CPALM Link

M/J Comprehensive PE Grade 6/7: <https://www.cpalms.org/PreviewCourse/Preview/16883>

Unit of Study		
Quarter 1 Aug 10 - Oct 12 OR Quarter 3 Jan 11 - Mar 11	<i>Cognitive Abilities and Lifetime Fitness</i>	<ul style="list-style-type: none"> Describe how each of the health-related components of fitness are improved through the application of training. Describe the long-term benefits of regular physical activity. Determine personal target heart-rate zone and explain how to adjust intensity level to stay within the desired range. Prepare a log noting the food intake, calories consumed, and energy expended through physical activity. List the components of skill-related fitness. List appropriate warm-up and cool-down techniques and the reasons for using them. Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions. List the three different types of heat illnesses associated with fluid loss. Participate in a variety of fitness, wellness, gymnastics and dance activities. Identify the in-school opportunities for physical activity that promote fitness, wellness, gymnastics and dance.

		<ul style="list-style-type: none"> • Identify a variety of fitness, wellness, gymnastics and dance activities that promote stress management. • Create, implement and assess a personal fitness program in collaboration with a teacher. • Develop goals and strategies for a personal physical fitness program. • Use available technology to assess, design and evaluate a personal physical-activity plan. • Develop a personal fitness program including a variety of physical activities.
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<p>Quarter 2 Oct. 13 – Dec 22</p> <p>OR</p> <p>Quarter 4 Mar 22 – May 27</p>	<p>Movement Competency</p>	<ul style="list-style-type: none"> • Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance. • Perform at least three different activities that achieve target heart rate. • Demonstrate the principles of training and conditioning. • Perform at least three activities having value for cardiorespiratory fitness. • Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance. • Design and perform smooth, flowing sequences of stunts, tumbling and rhythmic patterns. • Design and perform a routine to rhythm, with a partner or a group, while incorporating gymnastic actions. • Create and perform a rhythmic movement sequence while working with a partner or group. • Apply proper warm-up and cool-down techniques. • Use proper safety practices. • Use technology to assess, enhance and maintain motor skill performance.
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Course Resources may include

- CPALMS: <https://www.cpalms.org/>
- Open Phys Ed: <https://openphysed.org/>
- PE Central: <https://www.pecentral.org/>

For additional supplemental resources, please see your child’s course syllabus.