



M/J Comprehensive PE Grade 7/8

PE - Year at a Glance

M/J Comprehensive PE Grade 7/8

Course # 1508070

A Note to Parents: This course is a semester course. In this document, the standards have been broken into two categories: Cognitive abilities/ movement competency and lifetime fitness. 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 7th and 8th grade students and is intended to be 18 weeks in length. The purpose of this course is to build on previously acquired knowledge, skills, and values necessary for the implementation and maintenance of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which include but is not limited to: Outdoor Pursuits/Aquatics, Individual/Dual Sports and Alternative/Extreme 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/16884>

Unit of Study		
Quarter 1 Aug 10 - Oct 12 OR Quarter 3 Jan 11 - Mar 11	<i>Cognitive Abilities and Movement Competency</i>	<ul style="list-style-type: none"> • Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors. • Describe how movement skills learned in one physical activity can be transferred and used in other physical activities. • Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulatives. • Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities. • Demonstrate appropriate relationships between the body and an opponent in dynamic game situations. • Demonstrate the critical elements in specialized skills related to a variety of team sports. • Apply technology to evaluate, monitor and improve individual skill performance. • Demonstrate principles of biomechanics necessary for safe and successful performance.

<p>Quarter 2 Oct. 13 – Dec 22</p> <p>OR</p> <p>Quarter 4 Mar 22 – May 27</p>	<p><i>Lifetime Fitness</i></p>	<ul style="list-style-type: none"> • Participate in moderate physical activity daily. • Participate in vigorous physical activity daily. • Participate in a variety of individual/dual and alternative/extreme sport activities that promote health. • Identify the in-school opportunities for participation in individual/dual and alternative/extreme sports. • Identify the community opportunities for participation in individual/dual and alternative/extreme sports. • Identify a variety of individual/dual and alternative/extreme sport 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 fitness program. • Develop a personal fitness program including a variety of physical activities. • Identify health-related problems associated with low levels of cardiorespiratory endurance and muscular strength.
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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.