

Physical Education 7th Grade Pacing Guide

August 2015

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>Health Inspections (September) - State Required</p> <p>Fitness Tests – (Sept)</p> <ul style="list-style-type: none"> • Movement Principals/Basic Principles of Training: 7.3a,c. • Community Activity Participation: 7.5a,b • Assessment: 7.3b, 7.5b <p>Orienteering – (Sept-Oct)</p> <ul style="list-style-type: none"> • Basic Skills/Safety in Recreational Activity: 7.1c 	<p>Wrestling - (Nov)</p> <ul style="list-style-type: none"> • Conflicts and Decision-making/Safety Rules: 7.4a,b,c • Biomechanical Principles: 7.2b, 7.3c 	<p>Bowling – (Jan-Feb)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 7.1a • Conflicts and Decision-making/Safety Rules: 7.4a,b,c 	<ul style="list-style-type: none"> • Fitness Tests – (April) • Movement Principals/Basic Principles of Training: 7.3a,c. • Community Activity Participation: 7.5a,b • Assessment: 7.3b, 7.5b,

Physical Education 7th Grade Pacing Guide

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>Football – (Sept-Oct)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 7.1a, 7.2a • Biomechanical Principles: 7.1b, 7.2b • Conflicts and Decision-making/Safety Rule: 7.4a,b,c; • Community Activity Participation: 7.5a 	<p>Basketball – (Nov-Dec)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 7.1a, 7.2a • Biomechanical Principles: 7.1b, 7.2b • Conflicts and Decision-making/Safety Rule: 7.4a,b,c; • Community Activity Participation: 7.5a 	<p>Indoor Team Games (Mat Ball, Pin Dodge Ball, BBK, Whiffle Ball, Doodle Bug, Team Hand Ball, Queen’s Court) – (Jan-Feb)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 7.1a, 7.2a • Biomechanical Principles: 7.1b, 7.2b • Conflicts and Decision-making/Safety Rule: 7.4a,b,c • Community Activity Participation: 7.5a 	<p>Outdoor Track and Field - (April)</p> <ul style="list-style-type: none"> • Biomechanical Principles: 7.1b • Community Activity Participation: 7.5a

Physical Education 7th Grade Pacing Guide

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
<p>Soccer – (Oct)</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 7.1a, 7.2a • Biomechanical Principles: 7.1b, 7.2b • Conflicts and Decision-making/Safety Rule: 7.4a,b,c • Community Activity Participation: 7.5a • Offense/Defense Strategies: 7.4a,b,c 	<p>Weight Training – (Nov-Dec) 7.5b;</p> <ul style="list-style-type: none"> • Biomechanical Principles: 7.5b • Community Activity Participation: 7.5a <p>Volleyball – (Dec-Jan),</p> <ul style="list-style-type: none"> • Locomotor/Manipulative Skills: 7.1a, 7.2a • Biomechanical Principles: 7.1b, 7.2b • Conflicts and Decision-making/Safety Rule: 7.4a,b,c • Community Activity Participation: 7.5a 	<p>Indoor Track and Field – (Feb-March)</p> <ul style="list-style-type: none"> • Biomechanical Principles: 7.1b • Community Activity Participation: 7.5a <p>Rhythm and Dance – (March-Apr)</p> <ul style="list-style-type: none"> • Movement Principles/ Biomechanical Principles: 7.1d 	<ul style="list-style-type: none"> • Outdoor Team Games (Kick Ball, Mat Ball) – (Apr-May) • Locomotor/Manipulative Skills: 7.1a, 7.2a • Biomechanical Principles: 7.1b, 7.2b • Conflicts and Decision-making/Safety Rule: 7.4a,b,c • Community Activity Participation: 7.5a

Physical Education 7th Grade Pacing Guide

1 st Nine Weeks	2 nd Nine Weeks	3 rd Nine Weeks	4 th Nine Weeks
			<p>Softball – (May-June)</p> <ul style="list-style-type: none">• Locomotor/Manipulative Skills: 7.1a, 7.2a• Biomechanical Principles: 7.1b, 7.2b• Conflicts and Decision-making/Safety Rule: 7.4a,b,c• Community Activity Participation: 7.5a