

## Chilton Public Schools Curriculum Document

**Curricular Area: Physical Education Grade: Seven**

**Course Title (if different than Curricular Area):**

EE	IT	EV	EC	WI Academic Standard	Standard	Course/Unit /O.B.J.#	NT	I	D	R	M	R
				8A1	Establish personal physical activity goals	Fitness Unit			X	X		
				8A2	Participate at least three times a week in physical activities that contribute to the attainment of and maintenance of personal physical activity goals	Daily Class			X	X		
				8A3	Explore personal interests in a variety of new physical activities both in and out of the physical education class	Omnikin Unit Snow Shoeing Unit				X		
				8A4	Describe the relationship between a healthy lifestyle and simply “feeling good”	Fitness Unit				X		
				8B1	Demonstrate competence in modified versions of movement forms such as performing in a variety of simple folk and square dances	Dance Unit				X		
				8B2	Develop beginning strategies for competitive and noncompetitive	Football Unit Soccer Unit Pickelball Unit Basketball Unit Volleyball Unit Team Handball Unit			X	X		
				8B3	Demonstrate increasing competence in more advanced specialized physical skills	Football Unit Soccer Unit Pickelball Unit Basketball Unit			X	X		

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						Volleyball Unit Team Handball Unit							
				8B4	Explain how people can enjoy an activity if they are not gifted athletes	Daily Class Emphasis “Do Your Best”			X	X			
				8C1	Understand and apply more advanced movement and game strategies such as explaining and demonstrating strategies involved in playing tennis doubles	Football Unit Soccer Unit Pickelball Unit Basketball Unit Volleyball Unit Team Handball Unit			X	X			
				8C2	Identify critical elements of more advanced movement skills such as a racing start in free style swimming	Football Unit Soccer Unit Pickelball Unit Basketball Unit Volleyball Unit Team Handball Unit Swim Unit			X	X			
				8C3	Identify and apply principles of practice and conditioning to enhance performance such as understanding that conditioning will allow one to play for longer periods of time without fatigue	Fitness Unit Emphasis			X	X			
				8C4	Identify the characteristics of highly skilled performance in movement forms, such as describing the characteristics that enable success in passing and spiking after observing a team of skillful volleyball players	Football Unit Soccer Unit Pickelball Unit Basketball Unit Volleyball Unit Team Handball Unit			X	X			
				8C5	Understand and apply advanced, discipline-specific knowledge to various movement forms such as understanding how to lead or follow a partner while	Dance Unit			X	X			

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					dancing														
				8D1	Feel satisfaction when engaging in physical activity	Daily Class								X	X				
				8D2	Recognize the social benefits of participation in physical activity such as the joy of participating with a team and sensing team fulfillment	Daily Class													
				8D3	Enjoy learning new activities	Daily Class Emphasis								X	X				
				8D4	Recognize physical activity as a vehicle for self-expression	Daily Class								X	X				
				8E1	Participate in a variety of health-related activities in both school and non-school settings in order to maintain a record of moderate to vigorous physical activity	Self Student Assessment H.R.M. Assignment						X	X						
				8E2	Assess physiological indicators of exercise such as pulse rate during and after physical activity	Daily Class Activity								X					
				8E3	Understand and apply basic principles of training to improve physical fitness such as various weight training techniques	Daily Class Activity Fitness Activity								X					
				8E4	Meet health-related fitness standards	Fitness Unit								X	X				
				8E5	Begin to design personal health-related fitness programs based on an accurately assessed fitness profile, for example engage in physical activity at the target heart rate for a minimum of 30 minutes at least 3 times a week outside of the physical education class	Fitness Homework Assignment								X	X				

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**Course Title (if different than Curricular Area):**

EE = Education for Employment

IT = Information and Technology

EV = Environmental Education

EC = Economic Education

NT = Not Taught

I = Introduced

D = Developed

R = Reviewed

M = Mastered

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				8F1	Identify positive and negative peer influence	Daily Class				X		
				8F2	Solve problems by analyzing causes and potential solutions	Daily Class				X		
				8F3	make choices based on the safety of self and others	Daily Class				X		
				8F4	consider the consequences when confronted with a behavior choice	Daily Class				X		
				8F5	Resolve interpersonal conflicts with a sensitivity to rights and feelings of others; find positive ways to exert independence	Daily Class				X		
				8F6	work cooperatively with a group to achieve group goals in competitive as well as cooperative settings	Daily Class				X		
				8G1	Recognize the role of sports, games, and dance in modern culture	Daily Class			X	X		
				8G2	Identify behaviors that are supportive and inclusive in physical-activity settings	Daily Class			X			

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				8G3	Display sensitivity to the feelings of others during interpersonal interactions	Daily Class			X			
				8G4	Respect the physical and performance limitations of self and others	Daily Class			X			

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