

# 7th Grade Physical Education



## Course Description

*During 7th grade the students will participate in physical activities with the goal of improving their health. Additionally, they will understand individual fitness concepts so that physical fitness becomes a learned and dedicated lifelong practice. Students will analyze and reflect on their previous Fitnessgram scores and set goals based on their individual data. Also, the students will learn to further develop sportsmanship, teamwork, respect, leadership, and responsibility. Finally, the students will learn skills and strategies of individual and team sports as well as other fitness type activities*

## Instructors:

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**Main Office at PK - 847-717-8100**

## Course Materials Required:

- *Central Phys Ed Shirt and Shorts are required*
- *Deodorant is recommended*

## Learning Activities

- *Daily Calisthenics*
- *Daily moderate to vigorous activity.*
- *Daily cognitive learning. ( Problem solving, Strategic gameplay, Memory retention)*
- *Written Assignments*

## Learning Outcomes

- *Students will understand the importance of sound health and fitness principles as they relate to better overall health.*
- *Students will be exposed to a variety of activities providing them the opportunity to: Apply fundamental skills, set goals, build relationships, follow rules, and demonstrate leadership characteristics.*

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## Course Outline

Unit	Approximate Dates	Topics	Student Activities
<i>Fitness Testing</i>	<i>August 27-31 May 14-18</i>	<i>Muscular Strength Muscular Endurance Aerobic Capacity Flexibility</i>	<i>Push-Up Test Curl-Up Test PACER Run Test Sit and Reach Test One Mile Run</i>
<i>Fitness Units</i>	<i>2nd and 3rd quarter</i>	<i>Fitness Center Weight Room</i>	<i>Abdominal workouts Upper body Strength Lower body Strength Aerobic Capacity (treadmills/ellipticals/bikes) Balance Stretching</i>
<i>Team Sports</i>	<i>Various times throughout the year</i>	<i>Flag Football Soccer Basketball Volleyball Floor Hockey Track and Field Softball</i>	<i>Refinement of skills. Agility practice (fitness component of the sport) Review of rules and game-play. Mini games. Introduction to strategic gameplay.</i>
<i>Individual Sports</i>	<i>Various times throughout the year</i>	<i>Badminton Pickleball Track and Field</i>	<i>Refinement of skills. Agility practice (fitness component of the sport) Review of rules and game-play. Mini games. Introduction to strategic gameplay.</i>

## Major Course Assignments/Assessments

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- *Fitnessgram testing. May 20-25.*
- *Basketball, Soccer, Health Components, Basketball, Volleyball, Badminton/PickleBall, Track and Field, Softball Assignments*
- *Fitness Summative*
- *Team Sports Summative*
- *Individual Sports Summative*
- *Mile Run*
- *Health Assignments (2nd and 3rd quarter)*

## **Grading Procedures:**

- *Students will earn a grade based on four criteria described below. During 2nd and 3rd quarter the students will be in a Health rotation that will account for the written portion of the their PE grade.*

**Grades will be determined by the following category weights:**

<b>Category</b>	<b>Percentage</b>
<i>Participation</i>	<i>25%</i>
<i>Sportsmanship</i>	<i>25%</i>
<i>Responsibility</i>	<i>25%</i>
<i>Written Work</i>	<i>25%</i>

## **Grading Scale:**

<b>Letter</b>	<b>Range</b>
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Grade	
A	100-90
B	89.99-80
C	79.99-70
D	69.99-60
F	59.99-below

## **Absences/Make-up Work:**

Students who are absent from school will be allowed to make up work for equivalent academic credit. The time allowed to make up work will generally be one school day for every school day missed, starting with the first day the student returns to school. In extenuating circumstances a student may ask his/her teacher for additional time to make up work. It is the responsibility of the student (and his/her parent/guardian), not the teachers, to get the assignments, complete them, and turn them in, and to arrange a time with the teacher to make up any missed quizzes or tests. Incomplete work or failure to do the work may result in a lowering of grades.

## Timeframe for makeup work:

The time allowed to make up work will generally be one school day for every school day missed, starting with the first day the student returns to school.

## Procedure to follow to receive and submit makeup work:

1. *Student will talk to the teacher either in person or via email to find out what work they missed.*
2. *Student will complete assignment using the timeframe for makeup work.*
3. *Student will submit assignment.*

## **Technology Policy**

The District's electronic networks, including the Internet, are part of the District's instructional program and serve to promote educational excellence by facilitating resource sharing, innovation, and communication. Use of all electronic devices allowed as part of the District's Bring Your Own Device ("BYOD") program and the District issued Chromebook must be consistent with District policies and procedures. Such

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electronic devices may be used during instructional time only for educational purposes as approved by the Administration or teacher. Personal devices may be used by students during non-instructional time, such as during passing periods, lunch, and before or after school. Students may not place or receive phone calls during school day hours (6:20am to 2:46pm). Use is a privilege, not a right. Students and staff members have no expectation of privacy in any material that is stored, transmitted, accessed via the District's electronic networks. The District's rules for behavior and communications apply when using the electronic networks. Refer to the Chromebook Handbook issued by the district.

## ***State specific technology guidelines for your classroom here***

*The use of cell phones while in the locker room is strictly prohibited at all times. Use of cell phones or chromebooks in PE will be based on teacher instructions.*

## **Academic Integrity:**

Students engaging in academic dishonesty, including cheating, intentionally plagiarizing, wrongfully giving or receiving help during an academic examination, altering report cards, and wrongfully obtaining test copies or scores may be subject to disciplinary consequences as outlined in the Student-Parent Handbook.

## **Resources:**

<http://www.cooperinstitute.org/fitnessgram>