

7th Grade At A Glance

Themes Duration	Movement	Fitness	Attitudes	Benchmarks (BM)
Orientation <i>One Week</i>	7.1A Organization 7.1E Personal Space	7.5BE Safety & Preventive Measures 7.5A Uses Equipment Safely	7.6A Sportsmanship 7.6B Fundamental Components & Strategies	BM. 7.12
Health Related Fitness <i>Two Weeks</i>	7.2CDF Skill Development (FG) 7.2EF Fitness Activities/Biomechanical Principle	7.3ACD Measurement Components 7.5C Warm-Up & Cool Down 7.4ACDEFGHI Health-Related Activities	7.7B Cooperative Learning 7.7D Safety Precautions 7.7E Appreciate Ind. Differences	BM. 7.7 BM. 7.9 BM. 7.10 BM 7.12
Heart Rate Monitors <i>One Week</i>	7.1ABCG MVPA 7.2CDE Heart Rate Monitor Technology	7.3ACCDE 7.4ABCDG THR 7.4CF FIT Principle	7.6A Responsibility 7.7DE Self Assessment	BM. 7.9
Rhythm, Dance, and Balance <i>Two Weeks</i>	7.1D Country, Folk, Line & Aerobic Dance 7.1E Sequences, Speed, Direction & Flow	7.3A Extracurricular Dance 7.3C Dance Activity 7.3C MVPA	7.7A Problem Solving 7.7B Cooperative Group Goals 7.7D Positive Peer Interaction	BM. 7.2 BM. 7.9
Team Sports I <i>Four Weeks</i>	7.1ABF Goals, Strategies & Skills 7.2ABCDEF Modified Activity for Practice, Setting, & Improving Skills 7.2G Offense & Defense	7.3A 7.4A Lifelong PA & Benefits 7.5A Use Equipment Safely	7.6A Following Rules of Game 7.6B Fundamental Components & Strategies 7.7C Accepting Decisions During Game Play	BM.7.3 BM.7.4 BM.7.5 BM.7.11
Team Sports II <i>Three Weeks</i>	7.1ABF, 7.2ABCDEF Small Sided Games, Skills & Strategies 7.2G Offense and Defense	7.3ABCD MVPA 7.3E HR Monitor Technology	7.6A Following Rules of Game 7.6B Fundamental Components & Strategies 7.7BC Accepting Decisions During Game Play	BM.7.4 BM.7.5 BM.7.6
Individual Sports I <i>Three Weeks</i>	7.1F Specialized Skill Cues 7.1G Small Sided Games 7.2ABC Movement Concept	7.3B Lifetime Sports 7.5AB Equipment Safety & Proper Attire	7.7A Problem Solving 7.7C Etiquette	BM.7.1 BM.7.11
Individual Sports II <i>Two Weeks</i>	7.2C Goal Setting in Improving Skill 7.2D Correct Personal & Peer Skill	7.3AC MVPA 7.3E HR Monitor & Pedometer Technology 7.5D Analyze Exercise Benefits in THR	7.7B Achieve Cooperative Group Setting 7.7D Positive Peer Interaction	BM.7.8 BM.7.9