



General Course Information

Course Name: Seventh Grade Physical Education	
Department: Physical Education	Grade Level(s): 7
Duration/Credits:	Prerequisites:
BOE Approval Date:	Course Code:
Course Description:	
Students in 7th Grade Physical Education will continue to develop the basic skills introduced in 6th Grade P.E. through active engagement in physical fitness. Students will participate in teams emphasizing collaboration and communication.	
Course Rationale:	
7th Grade Physical Education teaches students the benefits of engaging in physical fitness and team collaboration. Fitness and wellness are the cornerstone principles of the physical education program.	
Course Objectives:	
<p>The student will regularly participate in vigorous physical activity inside and outside of class.</p> <p>The student will demonstrate cooperation skills by establishing rules and guidelines for resolving conflicts.</p> <p>The student will identify and demonstrate social and safety skills with respect to self and others.</p> <p>The student will define physiological principles of physical fitness.</p> <p>The student will actively participate in lifetime and team sports.</p> <p>The student will participate in lead up games and activities in order to develop rule comprehension, strategies and proper etiquette.</p> <p>The student will demonstrate command of rhythm through participating in rhythmic physical activities.</p> <p>The student will actively participate in the FitnessGram Test twice a year.</p>	