

# 7<sup>th</sup> Grade Physical Education/Health – 1<sup>st</sup> Semester

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## Course Description

The purpose of this class is to teach students the principles of healthy living. The course will focus on mental, emotional, family, and social health, growth and nutrition, personal health and safety, and drugs and disease prevention. The course will introduce students to life sports with a focus on teamwork and sportsmanship. Through these topics of study, students will explore ways to be healthier individuals, both mentally and physically.

## Common Core Standards

Students will:

- Understand how and why it is important to lead a productive and healthy life.
- Know and understand the importance of sportsmanship during any activity
- Continually develop skills of activities that are considered lifetime activities.
- Know and understand the importance of participating in daily fitness activities.
- Acquire the essential skills to lead a healthy life cycle.
- Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
- Demonstrate the ability to use communication skills to enhance health.
- Organize, analyze, & apply health information practices & services appropriate for individual needs.
- Understand and demonstrate the key components to positive mental and emotional health.

## Instructional Materials

Textbook: Macmillan/McGraw-Hill Health and Wellness, videos, and websites.

## Class Expectations

- Be Prepared – always have your pencil, paper, notebook, book(s), and completed assignments – **Each day an assignment is late your grade will be reduced by 10%.**  
I **DO NOT** give ZEROS (0), if you do not turn in an assignment you will be given an incomplete until it is finished. This is your education, your future, you are expected to complete each assignment.
- Be Respectful – to teacher, classmates, and visitors; respect all school rules (dress code, etc...); raise hand before speaking; respect others' opinions.
- Be Actively Engaged – pay attention, participate, take notes, ask questions, and provide answers.
- Take Care of the textbooks given to you, desks you sit in, items you borrow from others and any other class materials presented.
- Be Responsible for Your Actions

## Safety and Sportsmanship

Physical Education should be fun and rewarding. I expect that all PE participants will demonstrate good sportsmanship when involved in any activity. Any student, who does not show good sportsmanship, will be required to complete alternate activities, which will reflect in that student's grade. When you participate in an activity, SAFETY is the number one priority. I expect that you will behave or your privileges will be taken away from you, not only will this be boring, but it will affect your grade – greatly!!

## Class Materials Needed

All your writing will be in pencil or typed and one notebook specifically for Health.

## Tentative Units with Instructional Dates

### Quarter 1

<ul style="list-style-type: none"> <li>▪ <b>Week 1</b> – PE: Soccer, focusing on kicking skills, knowledge of basic soccer rules</li> </ul>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</p> <p><b>Objectives:</b> Describe the basic rules of soccer and demonstrate inside and outside kicking skills.</p>
<p><b>Week 2</b> – PE: Soccer , focusing on soccer positions, applying soccer knowledge, soccer assessment</p>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</p> <p><b>Objectives:</b> Describe the soccer positions, importance of the game, and why it’s important to participate in physical activity.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 3</b> – PE: Flag Football, focusing on throwing skills, throwing to targets</li> </ul>	<p><b>Standard:</b> Know and understand the importance of sportsmanship during any activity.</p> <p><b>Objectives:</b> Describe the rules of flag football and demonstrate accurate throwing skills.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 4</b> – PE: Flag Football, focusing on catching skills, throwing/catching activities, flag football assessment</li> </ul>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</p> <p><b>Objectives:</b> Describe the basic positions of flag football, the rules, and demonstrate catching skills.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 5</b> – PE: Frisbee, focusing on catching and throwing a Frisbee, Frisbee golf</li> </ul>	<p><b>Standard:</b> Continually develop skills of activities that are considered lifetime activities.</p> <p><b>Objectives:</b> Describe the rules of Frisbee golf and demonstrate proper Frisbee throwing and catching.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 6</b> – PE: Ultimate Frisbee, focusing on catching and throwing a Frisbee on the run, applying knowledge, Frisbee assessment</li> </ul>	<p><b>Standard:</b> Continually develop skills of activities that are considered lifetime activities.</p> <p><b>Objectives:</b> Describe the rules of ultimate Frisbee and demonstrate throwing a Frisbee properly on the run.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 7</b> – PE: Volleyball, focusing on passing and serving, 3 on 3 volleyball</li> </ul>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</p> <p><b>Objectives:</b> Describe the proper volleyball positions and demonstrate proper passing fundamentals.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 8</b> – PE: Volleyball, focusing on hitting and serving, full volleyball game with enhancements, volleyball assessment</li> </ul>	<p><b>Standard:</b> Know and understand the importance of sportsmanship during any activity.</p> <p><b>Objectives:</b> Describe the rules of volleyball and demonstrate proper serving technique.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 9</b> – Team Building Activities, focusing on activities that require different groups to work together, group presentations</li> </ul>	<p><b>Standard:</b> Know and understand the importance of sportsmanship during any activity.</p> <p><b>Objectives:</b> Demonstrate application of teamwork.</p>

## Quarter 2

<ul style="list-style-type: none"> <li>▪ <b>Week 10</b> – Health: Chapter 1, Mental and Emotional Health, Health triangle, setting health goals, Chapter 1 Assessment</li> </ul>	<p><b>Standard:</b> Understand and demonstrate the key components to positive mental and emotional health.</p> <p><b>Objectives:</b> Describe how life skills and behaviors relate to mental and emotional health, including developing good character, making responsible decisions, managing stress, and learning to be resilient.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 11</b> – Health: Chapter 2, Family and Social Health, communication, Healthy relationships, and resolving conflict, Chapter 2 Assessment</li> </ul>	<p><b>Standard:</b> Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p><b>Objectives:</b> Describe how positive and healthful relationships relate within the family and among friends and peers, with emphasis on the responsibilities of dating and parenthood and the use of communication skills.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 12</b> – Health: Chapter 4, Nutrition, Food Pyramid, eating disorders, and maintaining a healthy weight, Chapter 4 Assessment</li> </ul>	<p><b>Standard:</b> Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p><b>Objectives:</b> Describe how to make their diets more healthful, looking at Dietary Guidelines, improving eating habits, avoiding food borne illnesses, maintaining a healthful weight, and recognizing eating disorders.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 13</b> – Health: Chapter 5, Personal Health and Physical Activity, Health service sources, developing a fitness plan, and preventing injuries, chapter 5 assessment</li> </ul>	<p><b>Standard:</b> Organize, analyze, &amp; apply health information practices &amp; services appropriate for individual needs.</p> <p><b>Objectives:</b> Explain why it’s important to take proper care of their bodies and making choices that can protect their health; focusing on health care, grooming, consumer choices, the benefits of physical activity, fitness plans, and injury prevention.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 14</b> – Health: Chapter 6, Violence and Injury Prevention, preventing unintentional injuries, severe weather and natural, disasters, first aid, Chapter 6 Assessment</li> </ul>	<p><b>Standard:</b> Demonstrate ability to practice health-enhancing behaviors and reduce health risks.</p> <p><b>Objectives:</b> Describe the causes of violence and unintentional injuries, which will include school safety , severe weather conditions, natural disasters, and first aid for injuries.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 15</b> – Health: Chapter 7, Alcohol, Tobacco, and Other Drugs, following guidelines for the use of medicines, resisting drug misuse and abuse, resisting tobacco, resisting alcohol, and resisting illegal drugs.</li> </ul>	<p><b>Standard:</b> Demonstrate ability to practice health-enhancing behaviors and reduce health risks.</p> <p><b>Objectives:</b> Describe the use and misuse of medicine, focusing on safety and about the abuse of alcohol, tobacco, and illegal drugs and ways to resist pressure to use these drugs.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 16</b> – Health: Project</li> </ul>	<p><b>Standard:</b> Understand how and why it is important to lead a productive and healthy life.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 17</b> – Health: Project and Final Exam Review</li> </ul>	<p><b>Standard:</b> Understand how and why it is important to lead a productive and healthy life.</p>
<ul style="list-style-type: none"> <li>▪ <b>Week 18</b> – Semester Final Exam</li> </ul>	

### Assessment/Tests

See Instructional Units/Dates

### Grading Procedures

- Each assignment, assessment, project will be worth individual points.
- Homework will be due daily. Full points will not be given if the assignment is late.
- All assessments must be taken during the class period. If absent, the student should arrange a make-up time before or after school.
- Grades will be calculated by dividing the total points earned by a student by the total points possible.