

# 7<sup>th</sup> Grade Physical Education/Health – 2<sup>nd</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 3

<ul style="list-style-type: none"><li>▪ <b>Week 1</b> – Health: Chapter 8, understanding diseases, communicable diseases, sexually transmitted diseases, and noncommunicable diseases.</li></ul>	<p><b>Standard:</b> Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p><b>Objectives:</b> Describe causes of disease, communicable diseases (including sexually transmitted diseases), and noncommunicable diseases.</p>
<p><b>Week 2</b> – Health: Chapter 8, chronic health conditions, making responsible decisions, Chapter 8 Assessment</p>	<p><b>Standard:</b> Understand and demonstrate the key components to positive mental and emotional health.</p> <p><b>Objectives:</b> Describe chronic health conditions with a focus on prevention and treatment.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 3</b> – Health: Chapter 9, evaluating health information and community health care</li></ul>	<p><b>Standard:</b> Organize, analyze, and apply health information practices and services appropriate for individual needs.</p> <p><b>Objectives:</b> Explain how to access accurate and helpful information about their own health and about the health care industry in general.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 4</b> – Health: Chapter 9, being an assertive consumer, spending time and money wisely, and investigating careers, Chapter 9 Assessment</li></ul>	<p><b>Standard:</b> Organize, analyze, and apply health information practices and services appropriate for individual needs.</p> <p><b>Objectives:</b> Describe sources of health information, health care, consumer skills, time and money management, and career choices.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 5</b> – Health: Chapter 3, Growth and Development, The Body Systems, online activities</li></ul>	<p><b>Standard:</b> Acquire the essential skills to lead a healthy life cycle.</p> <p><b>Objectives:</b> Explain knowledge of their body systems, how they work together, and how they develop.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 6</b> – Health: Chapter 3, The Body Systems, Life Stages, Chapter 3 Assessment</li></ul>	<p><b>Standard:</b> Acquire the essential skills to lead a healthy life cycle.</p> <p><b>Objectives:</b> Explain knowledge of support systems, transport systems, puberty, parenthood, and stages of the life cycle.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 7</b> – Health: Project</li></ul>	<p><b>Standard:</b> Demonstrate the ability to use communication skills to enhance health.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 8</b> – Health: Project, review for 3<sup>rd</sup> quarter exam</li></ul>	<p><b>Standard:</b> Demonstrate the ability to use communication skills to enhance health.</p>
<ul style="list-style-type: none"><li>▪ <b>Week 9</b> – Health: Project, 3<sup>rd</sup> quarter exam</li></ul>	<p><b>Standard:</b> Acquire the essential skills to lead a healthy life cycle.</p>

#### Quarter 4

<ul style="list-style-type: none"> <li><b>Week 10</b> – PE: Basketball, Rules of basketball, ball-handling skills, passing and catching, dribbling, and mini games</li> </ul>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</p> <p><b>Objectives:</b> Demonstrate basic ball handling, passing/catching, and dribbling skills and explain 5 rules associated with basketball.</p>
<ul style="list-style-type: none"> <li><b>Week 11</b> – PE: Basketball, lay-ups, shooting, defensive guarding and rebounding, and modified game play with emphasis on rules</li> </ul>	<p><b>Standard:</b> Know and understand the importance of sportsmanship during any activity.</p> <p><b>Objectives:</b> Demonstrate proper shooting technique, defensive guarding, and proper rule knowledge.</p>
<ul style="list-style-type: none"> <li><b>Week 12</b> – PE: Dancing, terms and steps, using Wii Dance, Dance Revolution</li> </ul>	<p><b>Standard:</b> Continually develop skills of activities that are considered lifetime activity.</p> <p><b>Objectives:</b> Demonstrate knowledge of dancing terms and steps and application of steps in choreography.</p>
<ul style="list-style-type: none"> <li><b>Week 13</b> – PE: Pickleball, rules, forehand/backhand drive, volley, lob, and serve, and regulation game with tournament</li> </ul>	<p><b>Standard:</b> Understand how and why it is important to lead a productive and healthy life.</p> <p><b>Objectives:</b> Demonstrate knowledge of pickleball rules and apply proper technique in a regulation game tournament.</p>
<ul style="list-style-type: none"> <li><b>Week 14</b> – PE: Bocce &amp; Brisket Ball, rules, underhand throwing to targets, forward/backspin, running, passing, and guarding skills</li> </ul>	<p><b>Standard:</b> Know and understand the importance of sportsmanship during any activity.</p> <p><b>Objectives:</b> Demonstrate knowledge of Bocce and Brisket ball and apply proper technique in a regulation game tournament.</p>
<ul style="list-style-type: none"> <li><b>Week 15</b> – PE: Softball, rules, throwing and catching, fielding balls, pitching skills, batting, and regulation game</li> </ul>	<p><b>Standard:</b> Continually develop skills of activities that are considered lifetime activity.</p> <p><b>Objectives:</b> Demonstrate knowledge of softball rules and apply proper technique in a regulation game.</p>
<ul style="list-style-type: none"> <li><b>Week 16</b> – PE: Kickball Golf &amp; VBB, rules, kicking, volleyball, baseball and basketball</li> </ul>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</p> <p><b>Objectives:</b> Demonstrate knowledge of kickball rules and demonstrate kicking, volleyball, baseball, and basketball skills.</p>
<ul style="list-style-type: none"> <li><b>Week 17</b> – PE: VBB &amp; Health: Review for final exam</li> </ul>	<p><b>Standard:</b> Know and understand the importance of participating in daily fitness activities.</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.