

## Expectations and Outcomes

Grade Level/Course: Seventh Grade

Content Area: Physical Education

Unit Title	Guarantees
Standard 1	<ul style="list-style-type: none"> <li>• On-ball               <ul style="list-style-type: none"> <li>○ passing - bounce, chest, overhand throw</li> <li>○ shooting</li> <li>○ serving - underhand and overhand</li> </ul> </li> <li>• Off-ball               <ul style="list-style-type: none"> <li>○ moving to open spaces</li> <li>○ running routes</li> <li>○ fake moves</li> <li>○ ready position for a pass</li> </ul> </li> <li>• On-ball               <ul style="list-style-type: none"> <li>○ stays positioned between person guarding and goal</li> <li>○ Demonstrate ability to execute appropriate guarding of opponent without coming in contact with opponents</li> </ul> </li> <li>• Off-ball               <ul style="list-style-type: none"> <li>○ Demonstrate ability to execute appropriate guarding of opponent without coming in contact with opponents</li> <li>○ always ready using athletic stance</li> <li>○ maintain a position between ball and person guarding</li> </ul> </li> <li>• Demonstrate correct throwing pattern by opposite shoulder facing target, stepping with opposition, trunk rotation, and follow through</li> <li>• Demonstrate throwing for distance</li> <li>• Demonstrate throwing for accuracy</li> </ul> <p>Demonstrate the ability to create a “home” for various objects</p> <ul style="list-style-type: none"> <li>• w/ racquet, bat, hockey stick               <ul style="list-style-type: none"> <li>○ Demonstrate the proper handshake grip on implements</li> </ul> </li> </ul>

Unit Title	Guarantees
	<ul style="list-style-type: none"> <li>○ Demonstrate the ability to continuously volley an object using a combination of an underhand and overhand swing</li> <li>○ Demonstrate the ability to send an object; using a proper underhand swing and overhand swing</li> <li>○ Demonstrate the ability to handle stick safely, keeping the blade on the floor while traveling</li> <li>○ Demonstrate the ability to push an object with the blade of stick keeping object in contact with the blade at all times</li> <li>○ Demonstrate the ability to push an object towards a target, keeping the blade low to the floor</li> <li>○ Demonstrate the ability to strike a ball from an underhand toss using proper form: stand with feet shoulder width apart, front shoulder is towards the pitcher, hold bat with two hands, dominate hand on top, hands together, hold bat over back shoulder, swing bat level with arm extending and hip/shoulder rotation, step with front foot towards pitcher, keep eyes on ball</li> <li>● w/ body <ul style="list-style-type: none"> <li>○ Demonstrate the ability to continuously hit a ball in the air using the hands or forearms</li> <li>○ Demonstrate proper form to set a ball: knees bent, hands forming a window above forehead, extend arms to push ball up using finger pads</li> <li>○ Demonstrate proper form to forearm pass: knees bent, form a fist with one hand and wrap other hand over, do not swing arms upward, allow ball to contact on forearm, point chest to target, extend legs as ball contacts forearms</li> <li>○ Demonstrate proper form to underhand serve: opposite foot forward, hold ball in front of the hitting hand, contact the ball with the heel of the hand, swing arm straight forward</li> <li>○ Demonstrate proper form to overhand serve: opposite foot forward, lift the ball with non-hitting hand, draw hitting hand back to ear, swing arm up and forward, contact the ball with open hand as arm extends</li> <li>○ Demonstrates proper form to dribble with hands by using finger pads, keeps ball in "side pocket", uses body/opposite arm to protect the ball, keeps eyes up</li> <li>○ Demonstrates the proper use of a crossover</li> </ul> </li> </ul>

Unit Title	Guarantees
	<ul style="list-style-type: none"> <li>○ Demonstrates the ability to continuously strike a ball using the feet the length of the gym</li> <li>• Demonstrate the ability to find pulse and count heartbeat for certain amount of time</li> <li>• Demonstrate how to use fitness center machines</li> <li>• Demonstrates proper techniques to rescue a distressed swimmer</li> <li>• Proficiently executes the front crawl, back crawl, and side stroke the length of the pool</li> </ul> <p>Demonstrates the ability to use life saving skills; i.e. back floating and treading water for 60 sec.</p>
Standard 2	<p>Explains offensive and defensive strategies for invasion, net and field games/sports</p> <p>Identifies strategies using different angles to the racquet head</p> <p>Explains how to move body for good defense</p>
Standard 3	<ol style="list-style-type: none"> <li>1. Engages in moderate and vigorous physical activity for 60 minutes at least 5 days a week.</li> <li>2. Identifies ways to be physically active around the community.</li> </ol>
Standard 4	<ol style="list-style-type: none"> <li>1. Identifies the five fitness components</li> <li>2. Understands the difference between muscular strength and endurance</li> <li>3. Identifies at least 5 benefits of physical activity</li> <li>4. Demonstrates the ability to find pulse and count heartbeat for certain amount of time</li> <li>5. Demonstrates how to use fitness center machines and various dumbbell exercises/squat rack</li> <li>6. Follows a prescribed workout plan</li> <li>7. Records workout information in the fitness center accurately and understands the importance of it</li> <li>8. Completes warm-ups at a challenging level for self to improve fitness</li> <li>9. Identifies muscle names and where they are located</li> </ol>
Standard 5	<ol style="list-style-type: none"> <li>1. Completes warm-ups on own.</li> <li>2. Follows all activity/game rules while working independently or in a group.</li> <li>3. Demonstrates good sportsmanship during all games/activities by being honest, following all rules, and working as a team.</li> <li>4. Reports work results honestly.</li> <li>5. Demonstrates appropriate practices to solve conflicts with classmates.</li> <li>6. Accepts individual differences in own and classmates' abilities and fitness levels.</li> <li>7. Attempts all skills and activities even after failing.</li> </ol>
Standard 6	<ol style="list-style-type: none"> <li>1. Identifies at least one activity they can participate in for enjoyment</li> <li>2. Chooses to engage in physical activities at the appropriate level of physical challenge</li> </ol>

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	3. Describes the health benefits of regular physical activity