

Focus: Students will build locomotor and manipulative skills, applying the skills to various games and begin to analyze movements through daily activity and effort. Continue to develop fitness levels and knowledge of fitness through physical and cognitive activities and how it relates to brain development. Students will continue to build skills to work cooperatively on teams and show respect to peers and adults.				
Locomotor/ Manipulative	Understanding: Students will be able to demonstrate and begin analyzing manipulatives and locomotor skills across a variety of activities.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
7.PE.1	Students who demonstrate understanding will be able to:			
7.PE.1.1	Combine locomotor movement patterns efficiently in game play of a variety of sports.	IL19.A.3b, S1.M11.7		
7.PE.1.2	Combine locomotor movement patterns efficiently with manipulatives (throwing, catching, kicking) in game play across multiple sports.	IL19.A.3b, S1.M2.7, S1.M3.7, S1.M4.7, S1.M5.7, S1.M10.7, S1.18.7, S1.M21.7		
7.PE.1.3	Combine movement and striking an object (including forehand, backhand and serving) during game play in a variety of sports with accuracy.	IL19.A.3b, S1.M12.7, S1.M13.7, S1.M14.7, S1.M20.7		
7.PE.1.4	Volley and rally an object with locomotor movements and control and accuracy during game play with team members and opponents in a team sport.	19.A.3a, S1.M16.7, S1.M17.7		
7.PE.1.5	Define biomechanical principles (torque, projections angle, weight transfer)			
Fitness:	Understanding: Students will be able to demonstrate fitness concepts and continue to develop fitness levels while safely participating in a variety of fitness based activities.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
7.PE.2	Students who demonstrate understanding will be able to:			
7.PE.2.1	Identify and describe the skill and health related fitness components and how they influence a person's health.	IL.20A.3b		
7.PE.2.2	Participate in activities that promote the health-related fitness components with matching assessments.	IL20.A.3b, IL20B.3a, S2.M3.7, S2.M4.7,		
7.PE.2.3	Monitor and record exercise intensity in two ways with and without technology and compare intensity levels after activity.	IL20.B.3a		
7.PE.2.4	Evaluate strengths and weaknesses of a personal fitness profile.	IL20.B.3b		
7.PE.2.5	Evaluate intensities as related to heart rate. (Target heart rate, resting heart rate, recovery heart rate)	IL.20.B.3b		
7.PE.2.6	Set short-term and long-term realistic goals for at least two health-related fitness components	IL20.C.3a, IL 1C.3a		
7.PE.2.7	Identify and participate in opportunities for participation in regular physical activity.	IL20.C.3b, S3.M2.7		
7.PE.2.8	Classify physical activities as either being aerobic or anaerobic.	IL.19.A.3b, IL.20.A.3b		
Strategies/ Rules:	Understanding: Students will be able to demonstrate and describe effective rules of games, strategies for successful play and behaviors to promote safe play in all games and activities.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
7.PE.3	Students who demonstrate understanding will be able to:			
7.PE.3.1	Work cooperatively with others to set goals in competitive and noncompetitive situations.	IL21.B.3a, SEL 1c.3a		
7.PE.3.2	Perform and describe why basic offensive, defensive, and cooperative strategies are effective in selected activities, games, and sports.	IL19.C.3b, S1.M7.7, S2.M1.7, S2.M2.7, S2.M7.7, S2.M8.7, S2.M10.7, SEL 1A.3b		
7.PE.3.3	Create and apply rules and safety procedures in physical activities.	IL19.C.3a, S4.M6.7		
Cooperative	Understanding: Students will be able to discuss and demonstrate appropriate behavior in Physical Education individually and with peers and adults.	District/IL Standard/SHAPE	Pacing	Key Vocabulary
7.PE.4	Students who demonstrate understanding will be able to:			
7.PE.4.1	Follow directions and decisions of teachers or other teacher appointed students (team captains/leaders).	IL 21.A.3a		
7.PE.4.2	Create expectations with teacher and classmates to create a safe game play setting and identify consequences of behaviors.	IL. 19.C.3b, IL 21.A.3b		
7.PE.4.3	Follow established routines.	IL 21.A.3a		
7.PE.4.4	Apply decision making model strategies in groups during physical activity.	IL.21B.3a		
7.PE.4.5	Remain on task independent of distractions.	IL 21.A.3c		
7.PE.4.6	Works cooperatively with others across different activities while showing sportsmanship and resolving conflict.	IL 2C.3b, S4.M1.7, S4.M4.7		
7.PE.4.7	Demonstrate respect for peers, teachers, space and equipment.	S4.M7.7		

