

**Seventh Grade Physical Education**  
**June 2020**

**Course Description:**

This course is designed to improve health-related fitness and build healthy relationships with peers, adults, and others in the community through physical activity.

**Big Ideas:**

I can participate in sports and games for a lifetime.

I will apply the rules of a game to safely play games.

<b>Seventh Grade PE</b>		
<b>ELO #</b>	<b>Essential Learner Outcome Description</b>	<b>Standards</b>
<b>1</b>	The student will demonstrate the ability to play modified games of increased complexity.	<b>MP1C5, MP1F6 MP2B7, MP2B8 MP2D8</b>
<b>2</b>	The student will demonstrate of a variety of physical activities associated with the components of physical fitness.	<b>PA1A7, PA1A5 PA1C7</b>
<b>3</b>	The student will identify the safe and unsafe practice of using fitness equipment.	<b>PA2A7, PA3A7</b>
<b>4</b>	The student will identify critical elements to improve performance in selected skills.	<b>MP1C5, MP1E5 MP1E6, MP1E7</b>