

Cocalico School District
Year-at-a-Glance - Curriculum Overview

Department: Health/PE

Course: 7th Grade PE

Grade Level: 7th

Big Ideas

- Participation in physical activity impacts wellness throughout a lifetime.
- Quality lifelong movement is based on specific concepts/principles.
- Safety impacts individual and community well-being.
- Health concepts are essential for wellness and a health-enhancing lifestyle.

Units of Study	% of Course Time	Textbooks & Supplemental Materials	Assessments	Standards Addressed
Team Sports <ul style="list-style-type: none"> • Examples: Soccer, flag football, basketball, volleyball, softball, team handball, ultimate frisbee, speedball, floor hockey, field hockey, speed ball 	70%	<ul style="list-style-type: none"> • Various sports equipment 	<ul style="list-style-type: none"> • Technical evaluations • Game play/strategy evaluations • Rules quizzes 	<ul style="list-style-type: none"> • 10.4.9.A,E, F • 10.5.9.A,B,C,F
Individual/Lifetime Sports <ul style="list-style-type: none"> • Examples: Tennis, badminton, tumbling, dance, lifetime games 	15%	<ul style="list-style-type: none"> • Various sports equipment 	<ul style="list-style-type: none"> • Technical evaluations • Game play/strategy evaluations • Rules quizzes 	<ul style="list-style-type: none"> • 10.4.9.A,E • 10.5.9.A,B,C
Personal Fitness <ul style="list-style-type: none"> • Examples: Fitness testing, fitness circuit, jogging, warm-up exercises, aerobics, dynamic flexibility 	15%	<ul style="list-style-type: none"> • Various fitness equipment 	<ul style="list-style-type: none"> • Daily grade • Fitness testing • Fitness analysis 	<ul style="list-style-type: none"> • 10.3.9.D • 10.4.9.A,B,C • 10.5.9.D



Eagle P.A.C.T. Course Connections:

Team sports are an excellent way to practice and apply all parts of the Eagle P.A.C.T. Problem solving, adaptability, communication, and teamwork are all essential in team sports.