

Seventh Grade Physical Education
Transition to Individualized, Team and Cooperative Activities
<http://www.sad44.org/curriculum/health/health.pdf>

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Unit (Maybe on-going)	Team sports Fitness			
Strands	Physical Fitness (A) Motor Skills (B) Personal and Social Interaction (C) http://www.state.me.us/education/lres/hpe.htm			
Activities	Fitness Stations Personal Goals Sheets Physical Activity logs		Skill practice Field hockey Flag Football Floor hockey Softball Basketball Softball Soccer	
Assessments	My Physical Fitness Plan A-2,3,4,5,6,; B-3 http://mainelad.org		Fitness Wise A-1 http://mainelad.org	
Vocabulary	Body composition Cardiovascular endurance Flexibility Muscular endurance Muscular strength Specificity Progression Frequency Intensity Time Type Overload		Agility Balance Coordination Power Reaction Time Speed	
Resources	http://www.ceismc.gatech.edu/busyt/eng.shtml This site allows you to search by grade spans and a list of lessons will come up. http://www.pecentral.org/lessonideas/health/healthlp.asp Gives you lots of different options into how you want to search.			