

# Frederick County Public Schools Physical Education Curriculum

## Essential Discipline Goals

Develop an acceptable level of fitness and an understanding of the components of fitness and an appreciation of the life-long value of fitness through personalized physical education activities

Develop through a purposeful physical education experience a more positive self-concept appropriate to social and emotional behaviors, self-direction and an appreciation of individual differences

Develop physical skills and acquire knowledge of efficient and creative movement through participation in a sequential program of varied activities and develop an appreciation for the value of this type of movement

Develop an awareness of safety practices and procedures

## **Seventh Grade**

**PE.10: Skillfulness - Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills.**

**700.10.01 Evaluate and apply fundamental movement skills in a variety of physical education activities.**

700.10.01.a Perform and assess personal fundamental movement skills, skill combinations, and skill themes in a variety of small group physical activity settings such as: fitness, adventure and cooperative games, rhythms and dance, recreational games, individual and team sports.

**700.10.02 Perform and Evaluate creative skill combinations.**

700.10.02.a Assess and apply an individual/partner performance sequence that exhibits quality movement based on common themes such as: self expression, rhythmical interpretation, form, or style.

**700.10.03 Analyze strategies to solve tactical game problems.**

700.10.03.a Organize and apply different concepts/ strategies for each tactical game category (net/wall, invasion, striking/fielding, and target).

700.10.03.b Investigate the importance of utilizing offensive and defensive strategies in each game category in relationship to scoring and preventing scoring.

**PE.20: Biomechanical Principles - Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety.**

**700.20.01 Apply the concept of force in relationship to how objects move.**

700.20.01.a Demonstrate how to apply and control force of a projectile in order to move it toward a stationary target

700.20.01.b Demonstrate and discuss how longer and/or heavier implements such as: bats and clubs tend to produce more force than shorter or lighter ones.

700.20.01.c Demonstrate and discuss how efficient movements decrease injuries in a variety of activities to improve fitness such as: not extending your knee beyond your toe when performing a lunge.

**PE.30: Motor Learning Principles – Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.**

**700.30.01 Show that skills will develop with practice over time.**

700.30.01.a Demonstrate the principles of practice progression to personal skill development.

**700.30.02 Investigate the importance of self-evaluation and feedback in the improvement of motor skills.**

700.30.02.a Assess improvement in personal or peer performance of skills using a rubric or checklist.

700.30.02.b Analyze and improve a combination of motor skills based on peer feedback.

**PE.40: Exercise Physiology-Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance in a variety of academic, recreational, and life tasks.**

**700.40.01 Analyze the effect of moderate to vigorous physical activity on the body systems.**

700.40.01.a Explain and discuss how the muscular, skeletal, and nervous systems respond and adapt to the specificity principle.

**700.40.02 Analyze and apply components of the FITT guidelines to adjust levels of physical activity.**

700.40.02.a Design, implement, and revise short term and long term personal fitness goals based on a fitness assessment.

700.40.02.b Choose and implement a fitness plan using the FITT guidelines.

700.40.02.c Compare the principles of overload, progression, specificity, regularity, and individuality to improve health related fitness.

**700.40.03 Evaluate the components necessary to design a fitness plan.**

700.40.03.a Justify and perform activities chosen to improve or maintain specific health-related fitness components.

700.40.03.b Choose, implement, and assess a fitness plan using the health-related fitness components.

700.40.03.c Choose activities that will provide opportunities to improve or maintain specific personal skill-related fitness components as part of personal goal setting.

700.40.03.d Assess a peer's personal goals to improve or maintain the skill-related components of fitness through selected activities.

**700.40.04 Analyze the benefits of physical activity.**

700.40.04.a Examine the personal benefits derived from physical activity.

**700.40.05 Evaluate the relationship between nutrition and physical activity.**

700.40.05.a Calculate caloric expenditure and caloric intake and analyze the results for caloric balance.

700.40.05.b Investigate the impact nutrients such as protein, carbohydrates, and fats have on physical activity performance.

700.40.05.c Assess food labels to determine their nutritional value. For example snacks, meals, supplements, and performance enhancing drinks.

**700.40.06 Analyze the factors influencing daily physical activity.**

700.40.06.a Develop and organize strategies to overcome the personal, environmental and social factors that limit physical activity.

**700.40.07 Analyze how the media impacts attitudes towards physical activity.**

700.40.07.a Describe how media influences physical activity.

**PE.50: Physical Activity-Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits.**

**700.50.01 Evaluate individual aerobic capacity/cardiorespiratory fitness.**

700.50.01.a Assess and perform aerobic capacity/cardiorespiratory fitness through standardized fitness tests. Develop personal goals based on prior assessment and prediction

700.50.01.b Assess and use aerobic activities to improve personal goals related to aerobic capacity/cardio respiratory fitness.

700.50.01.c Calculate *target heart rate* to reflect personal activity goals.

700.50.01.d Use technology to compare and contrast individual *heart rate* among various activities.

700.50.01.e Implement technology to assess individual heart rates for various activities using heart rate monitors or instapulses.

700.50.01.f Choose and use principles of progression, specificity, regularity, to enhance aerobic capacity/cardiorespiratory fitness.

700.50.01.g Investigate and monitor resting heart rate, target heart rate, and maximum heart rate.

700.50.01.h Investigate recovery heart rate and recovery time in relationship to target heart rate and resting heart rate.

**700.50.02 Evaluate individual muscular strength and muscular endurance.**

700.50.02.a Assess and perform muscular strength and muscular endurance fitness through standardized fitness tests. Develop personal goals based on prior assessment and prediction.

700.50.02.b Assess and perform developmentally appropriate activities to improve personal goals related to muscular strength and endurance fitness.

700.50.02.c Choose and use the principles of progression, specificity, and regularity to enhance muscular strength and muscular endurance.

700.50.02.d Justify and perform various exercises that help develop core strength and proper posture for personal fitness and safety.

**700.50.03 Evaluate individual flexibility.**

700.50.03.a Assess and perform flexibility through standardized fitness tests. Develop personal goals based on prior assessment and prediction.

700.50.03.b Assess and perform appropriate activities to improve personal goals related to flexibility.

700.50.03.c Choose and use the principles of progression, specificity, and regularity to enhance flexibility.

700.50.03.d Investigate various examples of specific stretching techniques to enhance personal flexibility such as: partner assisted stretching.

**700.50.04 Examine body composition.**

700.50.04.a Identify the need for measuring body composition and its relationship to maintaining a healthy body.

**PE.60: Social Psychological Principles—Students will demonstrate the ability to use skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.**

**700.60.01 Analyze the relationship between exercise, physical activity, and safety.**

700.60.01.a Categorize and perform exercises that improve core strength for lower back care.

700.60.01.b Demonstrate rules, procedures, and etiquette for safe physical activity settings.

**700.60.02 Evaluate the relationship between effort and improvement.**

700.60.02.a Defend the relationship between effort and persistence as they relate to personal improvement.

**700.60.03 Evaluate and demonstrate effective relationship skills in physical activity settings.**

700.60.03.a Apply strategies to improve group/self-regulation in challenging physical activity settings.

700.60.03.b Justify conflict resolution skills and negotiation tactics which promote a peaceful and positive classroom environment for all.

**700.60.04 Evaluate effective inclusiveness skills in physical activity settings.**

700.60.04.a Participate in different activities from a variety of cultures.

700.60.04.b Show a variety of ways to communicate empathy, caring, consideration, and respect for self and others.

**700.60.05 Apply effective time management strategies.**

700.60.05.a Identify and put into place strategies to overcome personal time barriers for daily physical activity in a personal activity plan.