



Recommended 7<sup>th</sup> Grade Curriculum Framework

<b>Content: Physical Education – Grade 7</b>						
<b>Topic: Benefits of Exercise (Week 1)</b>						
<b>Content</b> (What do your students need to KNOW?)	<b>Demonstrators</b> (What do your students need to be able to DO?)	<b>Assessment</b> (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	<b>Activities</b> (HOW will you teach it?)	<b>Resources</b> (What MATERIALS will you need?)	<b>Differentiation</b> (How will you reach the DIVERSITY of learners?)	<b>Literacy Connection</b> (How will you use READING and WRITING with this material?)
<p><b>PL-M-1.5.1</b> Body changes (e.g., body composition, decreased heart rate, reduced cholesterol level) occur following a regular exercise program.</p> <p><b>PL-M-1.5.2</b> Exercise benefits physical development (e.g., body shape, posture, coordination, muscle development).</p>	<p><b>Personal Wellness</b> <b>AE 2.31</b> Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>Recognize the benefits of self-assessment of health status.</li> <li>Demonstrate basic physiological principals of exercise (e.g., intensity, duration, frequency).</li> </ul> <p><b>POS-PE-7-4</b> Students will recognize body changes following regular participation in physical activity.</p>					



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