



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

<b>Content: Physical Education – Grade 7</b>						
<b>Topic: Principles of Fitness Training (Weeks 2-4)</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-1.5.3</b> Applying the principles of fitness training and conditioning (frequency, intensity, time/duration) are necessary to get the most from exercise.</p> <p><b>PL-M-1.5.4</b> Self-assessment of health status (e.g., strength, flexibility, cardiovascular endurance, body composition) contributes to health maintenance.</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-7-1</b> Students will evaluate their own health-related fitness.</p> <p><b>POS-PE-7-2</b> Students will monitor intensity of exercise (e.g., resting heart rate, target heart rate, recovery time).</p> <p><b>POS-PE-7-3</b> Students will describe principles of training and conditioning (e.g.,</p>					



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<p><b>PL-M-2.2.2</b> Techniques (e.g., practice, self-evaluation) used to develop skills are related to performance in games and/or sports.</p> <p><b>PL-M-2.2.3</b> Frequency, intensity, and time/duration are the principles of fitness training and conditioning.</p>	<p>frequency, intensity, duration, mode) in activities (e.g., running, jogging, aerobics).</p> <p><b>POS-PE-7-4</b> Students will recognize body changes following regular participation in physical activity.</p> <p><b>POS-PE-7-5</b> Students will develop personal fitness goals and personal fitness programs.</p> <p><b>Lifetime Physical Activities</b> <b>AE 2.35</b> Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.</p> <p><b>DEMONSTRATORS</b></p> <ul style="list-style-type: none"> <li>Investigate principles of training and conditioning for a variety of physical activities.</li> </ul> <p><b>POS-PE-7-10</b> Students will describe benefits of regular participation in leisure,</p>					



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	recreational, and competitive physical activity.					