



Recommended 7th Grade Curriculum Framework

Content: Physical Education – Grade 7						
Topic: Lifetime Physical Activities (Weeks 8-9)						
Content (What do your students need to KNOW?)	Demonstrators (What do your students need to be able to DO?)	Assessment (How will you assess what your students ALREADY KNOW, and assess WHAT THEY'VE LEARNED?)	Activities (HOW will you teach it?)	Resources (What MATERIALS will you need?)	Differentiation (How will you reach the DIVERSITY of learners?)	Literacy Connection (How will you use READING and WRITING with this material?)
<p>PL-M-2.2.1 Physical, emotional/mental, and social benefits can be gained from regular participation in leisure/recreational and/or competitive physical activities</p> <p>Physical benefits:</p> <ul style="list-style-type: none"> • increased energy • improved strength • fitness • improved control of body movements <p>Social benefits:</p> <ul style="list-style-type: none"> • self-esteem • friendship • self-expression <p>Emotional/mental benefits:</p> <ul style="list-style-type: none"> • improved confidence • increased self-esteem • stress reduction • self-expression 	<p>Lifetime Physical Activities</p> <p>AE 2.35 Students demonstrate knowledge and skills that promote physical activity and involvement in physical activity throughout their lives.</p> <p>DEMONSTRATORS</p> <ul style="list-style-type: none"> • Investigate principles of training and conditioning for a variety of physical activities. • Apply basic strategies in games and sports. • Apply rules and appropriate behaviors in lifetime physical activities. <p>POS-PE-7-10 Students will describe benefits of regular participation in leisure, recreational, and competitive physical activity.</p> <p>POS Apply techniques to achieve consistency for games and sports.</p>					



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	POS Use rules and fair play in games and sports.					



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