

Grade 7th and 8th
Physical Education
Assurances

1. The student will demonstrate competency in movement patterns and proficiency in a few specialized movement forms.
2. The student will apply movement concepts and principles to the learning and development of motor skills.
3. The student will exhibit a health enhancing, physically-active lifestyles that provides opportunities for the enjoyment and challenge.
4. The student will know the benefits from involvement in daily physical activity and factors that affect physical performance.
5. The student will understand and apply safety practices associated with physical activities.
6. The student will understand basic components such as strategies and rules of structured physical activities including, but not limited to, games, sports, dance and gymnastics.
7. The student will develop positive self-management and social skills needed to work independently and with other in physical activity settings.

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Scope & Sequence

Week 1 & 2:	Basic fitness testing/Begin Volleyball Skills
Week 3 & 4:	Volleyball
Week 5 & 6:	Volleyball tournament
Week 7 & 8:	Begin football skills
Week 9 & 10:	Football
Week 11 & 12:	Football Tournament/Football skills testing
Week 13 & 14:	Begin basketball skills
Week 15 & 16:	Basketball
Week 17 & 18:	Basketball tournament/basketball skills testing/end of semester fitness Testing
Week 19 & 20:	Recreational games – ultimate table tennis, badminton
Week 21 & 22:	Recreational games – dance, kickball
Week 23 & 24:	Recreational games – gatorskin games
Week 25 & 26:	Soccer skills
Week 27 & 28:	Soccer games/tournament
Week 29 & 30:	Track and Field
Week 31 & 32:	Track and field
Week 33 & 34:	Softball
Week 35 & 36:	Softball tournament/end of year fitness testing