

**Department:** Physical Education  
**Course Name:** Physical Education 7

**Course Description:**

Our students will demonstrate a comprehensive understanding of the important role of physical education, fitness, and healthy play in our personal lives and in society as a whole. They will possess the skills necessary to perform team and individual sports as well as maintain fitness and body control through various physical, mental, and social activities. A major emphasis will be placed on improving the four components of fitness: muscle strength, muscle endurance, cardiovascular fitness, and flexibility. Our program is to improve skill acquisition and physical fitness to develop healthy behaviors to promote lifelong wellness.

**Content:**

Volleyball  
Football  
Soccer  
Hockey (floor and field)  
Track and Field  
Basketball  
Tennis  
Softball  
Lacrosse  
Cardiovascular Endurance  
Various Fitness Exercises  
Recreational Activities  
Chase  
Flee  
Dodge  
Tag

**Skills:**

Develop locomotor and non-locomotor skills (running, skipping, galloping, sliding, jumping, hoping, walking, leaping, stretch, bend, twist, turn, push, pull)  
Pass, set, serve, and hit volleyballs  
Catch and throw a variety of shape and size balls/equipment  
Pass, kick, dribble, and trap a soccer ball  
Pass, steal, and shoot a hockey puck/ball  
Develop offensive and defensive strategy  
Pass (bounce and chest), shoot, and dribble basketballs  
Cradle, pass, and shoot using lacrosse sticks  
Strike objects using a club, bat, racquet, or stick  
Dodge people and objects while moving in space

**Text and Materials:**

HRA PE uniform and tennis shoes are required to participate  
Individual refillable water bottle

**Methods of Instruction:**

Individual, partner, and group activities  
Teacher directed instruction

**Methods of Evaluation:**

Teacher Observation  
Quiz assessments regarding sport units  
Polls

