

Independent School District of Boise City
Physical Education 7 **District Course #1102**

One-Semester Course

Prerequisite: Physical or Waiver

Content:

- Demonstrate competency in many movement forms and proficiency in a few movement forms.
- Exhibits a physically active lifestyle.
- Achieves and maintains a health enhancing level of physical fitness.

Course Description

- Students will develop basic skills in a number of net games.
- Students will demonstrate offensive and defensive strategies involved in goal sport.
- Students will perform a variety of rhythmic skills.
- Students will use the F.I.T. principle to understand a personal fitness plan.
- Students will learn long term physiological, psychological and cultural benefits from regular participation in physical activity.
- Students will participate in fitness enhancing physical activities outside of school.
- Students will have a greater understanding of the critical elements of running form.

Grades

Students will be graded on:

- Their knowledge of rules and content in a variety of activities.
- Social responsible behavior.
- Demonstration of proper skill techniques.
- Application of strategies during activities and games.
- Development of Personal Fitness Goals, which include both classroom and outside of the classroom activities.

Materials

Title: National Standards for Physical Education Authors: National Association for Sport and Physical Education (NASPE)

Publisher: McGraw Hill

Title: The President's Challenge

Authors: President's Council on Physical Fitness and Sport

Publisher: U.S. Department of Health and Human Services

Title: It's Not Just Gym Anymore

Author: Bane McCracken

Publisher: Human Kinetics

Title: PE 120C Physical Education 8
 Author: Boise Curriculum Committee
 Publisher: Boise School District

Physical Education – Grade 7		District Reference 1102
Unit 1	Demonstrate competency in many movement forms and proficiency in a few movement forms.	Time Frame Ongoing

Instructional Objective 1102.01 Demonstrate competence in skill recognition of a variety of movement forms.		Standard Reference 7.1.1, 7.1.2	
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No.	Performance Objective	Resource Reference	Assessment Correlation
01	Displays the basic skills and safety procedures to participate net games.	Complete Physical Ed. Ch. 5, 9,10, 16	TMA

Instructional Objective 1102.02 Demonstrate competence in modified versions of a variety of movement forms.		Standard Reference 7.1.1	
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No.	Performance Objective	Resource Reference	Assessment Correlation
01	Uses basic offensive and defensive strategies in a modified version of a goal sport.	Complete Physical Ed. Ch. 11, 13, 15	TMA
02	Performs rhythmic skills	Complete Physical Ed. Ch. 6	TO

Unit 2	Exhibits a physically active lifestyle	Time Frame Ongoing
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Instructional Objective 1102.03 Establish personal physical activity goals.		Standard Reference 7.3.1	
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No.	Performance Objective	Resource Reference	Assessment Correlation
01	Applies the F.I.T.T. principle to understand their personal fitness plan.	Complete Physical Ed. Ch. 3, 4	TMA

Instructional Objective 1102.04 Participate in health-enhancing physical activities (in and out of physical education class).		Standard Reference 7.4.1, 7.4.2, 7.4.3	
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No.	Performance Objective	Resource Reference	Assessment Correlation
01	List long-term physiological, psychological, and cultural benefits that may result from regular participation in physical activity.	Complete Physical Ed. Ch. 3, 4	TMA

Unit 3	Achieves and maintains a health-enhancing level of physical fitness.	Time Frame Ongoing
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Instructional Objective 1102.05 Participates in a variety of health-related fitness activities in both school and non-school settings.		Standard Reference 7.4.3	
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Participates in fitness-enhancing physical activities outside of the school (e.g. gymnastic clubs, community sponsored youth sports.)	Complete Physical Ed. Ch. 3, 4	TMA
Instructional Objective 1102.06 Understand and apply basic principles of training to improving physical fitness.		Standard Reference 7.4.1	
No.	Performance Objective	Resource Reference	Assessment Correlation
01	Is able to describe the critical elements of running form.	Complete Physical Ed. Ch. 3, 4	TMA