

## 7<sup>th</sup> Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
<b>MOTOR SKILLS AND MOVEMENT PATTERNS</b>			
<b>Movement Concepts</b>			
<b>Motor Skills</b>			
<b>Manipulative <i>Students will...</i></b>			
M.MC.07.06	perform a four-element movement sequence (e.g., rhythmic, aerobic, or tumbling activities) with flow in controlled settings.	AEROBICS DANCE STUNTS AND TUMBLING	Activities: AEROBICS – demonstrate a series of aerobic steps DANCE – Demonstrate a series of dance steps STUNTS AND TUMBLING – Demonstrate a series of stunts and tumbling  Assessment:
<b>Rhythmic Activities <i>Students will...</i></b>			
M.RA.07.01	demonstrate student-created rhythmic movement patterns with pathways with a partner to different musical rhythms.	AEROBICS DANCE STUNTS AND TUMBLING	Activities: AEROBICS Create and lead a series of aerobic steps DANCE Create and lead a series of dance steps STUNTS AND TUMBLING Create and lead a short tumbling routine  Assessment:
<b>CONTENT KNOWLEDGE</b>			
<b>Feedback <i>Students will...</i></b>			
K.FB.07.01	apply selected internal (prior knowledge) and external feedback to improve motor skills and movement patterns, fitness, and physical activities in controlled settings.	ALL UNITS	Activities: ANY UNIT Task cards, journaling and question and answer  Assessment:
<b>Movement Concepts <i>Students will...</i></b>			
K.MC.07.15	apply knowledge of selected movement concepts while performing non-loco-motor, loco-motor, and manipulative skills during participation in target, net/wall, invasion, and striking/fielding in modified games and outdoor activities in dynamic settings.	ALL UNITS	Activities: ANY UNIT Demonstrate verbally and/or physically age appropriate knowledge of skills  Assessment:
<b>Motor Skills <i>Students will...</i></b>			
K.MS.07.05	apply knowledge of selected movement concepts and skills to design (plan) a four-element movement sequence (e.g., simple rhythmic or aerobic activities) with flow in controlled settings.	DANCE AEROBICS STUNTS AND TUMBLING	Activities: AEROBICS Design an aerobic workout DANCE Create a dance routine STUNTS AND TUMBLING Design a stunts and tumbling routine  Assessment:



The activities listed are recommendations. The P.E. Curriculum team left this document general enough to allow for schools to add their activities & resources/assessments. NOTE: Many ASSESSMENTS were left blank intentionally for districts to include their own.