

7th Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)
MOTOR SKILLS AND MOVEMENT PATTERNS			
Movement Concepts			
Motor Skills			
Manipulative <i>Students will...</i>			
M.MC.07.04	demonstrate mature form of the manipulative skills of catch, kick, foot dribble, and strike with hand and implements in controlled settings.	BADMINTON	Activities: BADMINTON –Striking drills: overhand clear and underhand clear Assessment:
M.MC.07.05	demonstrate selected elements of the mature form of the manipulative skills of chest pass, bounce pass, hand dribble, volley, and punt in controlled settings.	BADMINTON	Activities: BADMINTON – Volleying work during hitting drills Assessment:
Net/Wall Games <i>Students will...</i>			
M.NG.07.01	demonstrate selected solutions to tactical problems, including off-the-object problems of scoring (e.g., maintaining a rally, setting up to attack, winning the point) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	BADMINTON	Activities: BADMINTON Singles and doubles game play Assessment:
M.NG.07.02	demonstrate tactical problems, including on-the-object movements of scoring (e.g., maintaining a rally, setting up to attack, winning the point, attacking as a pair/team) and preventing scoring (e.g., defending space, defending against attack) during modified net/wall games (e.g., small-sided games, such as 1 vs. 1 to 3 vs. 3).	BADMINTON	Activities: BADMINTON Singles and doubles game play Assessment:
CONTENT KNOWLEDGE			
Feedback <i>Students will...</i>			
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:
Movement Concepts <i>Students will...</i>			
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:



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.