

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		
	Space Awareness <i>Students will...</i>		
M.MC.07.01	demonstrate all space awareness movement concepts with mature form of non-loco-motor, loco-motor, and selected manipulative skills (e.g., roll, underhand throw, overhead throw) in dynamic settings.	FOOTBALL	Activities: FOOTBALL – passing drills and pitch pass drills Assessment:
	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.	FOOTBALL	Activities: FOOTBALL –catching drills 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.	FOOTBALL	Activities: FOOTBALL – Punting drills 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.