

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			
Target Games <i>Students will...</i>			
M.TG.07.01	demonstrate selected tactical skills, such as accuracy in distance and direction (e.g., reducing number of shots, implement selection, set up routine) during modified 1 vs. 1 target games.	GOLF	Activities: GOLF – Putting, chipping and drives from set distance Assessment:
M.TG.07.02	demonstrate use of selected strategies for tactical problems of accuracy in trajectory (e.g., shot execution/placement modifying flight pattern, spin) during modified target games.	GOLF	Activities: GOLF – Putting, chipping, drives from various distances 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.