

7th Grade Physical Education Recommended Activities

Content Code	MDE Expectation	Unit of Instruction	Associated Activities & Assessments (where possible)			
	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:			
	Invasion Games <i>Students will...</i>					
M.IG.07.01	demonstrate selected off-the-ball tactical movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., small-sided games, such as 4 vs. 4).	SOCCER CAPTURE THE FLAG BASKETBALL FLOOR HOCKEY FLICKERBALL	Activities: SOCCER – 3 on 3 games and 4 on 4 games CAPTURE THE FLAG – Game play Assessment:	Activities: BASKETBALL – 3 on 3 and 4 on 4 games FLOOR HOCKEY – 4 on 4 games leading up to 6 on 6 game play Assessment:	Activities: FLICKERBALL – Game play Assessment:	Activities: Assessment:
M.IG.07.02	demonstrate selected on-the-ball tactical movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., small-sided games, such as 4 vs. 4).	SOCCER CAPTURE THE FLAG BASKETBALL FLOOR HOCKEY FLICKERBALL	Activities: SOCCER – 3 on 3 games and 4 on 4 games CAPTURE THE FLAG – Game play Assessment:	Activities: BASKETBALL – 3 on 3 and 4 on 4 games FLOOR HOCKEY – 4 on 4 games leading up to 6 on 6 game play Assessment:	Activities: FLICKERBALL – Game play Assessment:	Activities: Assessment:
	Net/Wall Games <i>Students will...</i>		Activities: Assessment:	Activities: Assessment:	Activities: Assessment:	Activities: Assessment:
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).	VOLLEYBALL BADMINTON TENNIS	Activities: VOLLEYBALL – Small sided games Assessment:	Activities: Assessment:	Activities: Assessment:	Activities: BADMINTON – Singles and doubles game play TENNIS – Singles and doubles game play Assessment:
M.NG.07.	demonstrate tactical problems, including on-	VOLLEYBALL	Activities:	Activities:	Activities:	Activities:

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02	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 TENNIS	VOLLEYBALL – Small sided games Assessment:	Assessment:	Assessment:	BADMINTON – Singles and doubles game play TENNIS – Singles and doubles game play Assessment:



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	Striking/Fielding Games <i>Students will...</i>					
	M.SG.07.01 demonstrate elements of selected infield and outfield tactical movements, including scoring and staying in (e.g., getting on base, moving the runner, advancing to next base, defending object, scoring runs), preventing scoring (e.g., defending space, defending bases on throw from outfield positions, defending space as a team, getting batter out, restricting run scoring), and communicating/umpiring during modified striking/fielding games (e.g., 6 vs. 6, outfielders with shortstop and second base person, focus on runner at second).	SCOOTER GAMES KICKBALL BLOOPERBALL	Activities: Assessment:	Activities: SCOOTER GAMES – Scooter baseball game Assessment:	Activities: KICKBALL – Game play Assessment:	Activities: BLOOPERBALL – Game play Assessment:
	Rhythmic Activities <i>Students will...</i>					
	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: Assessment:	Activities: Assessment:	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:	Activities: 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:	Activities: ANY UNIT – Task cards, journaling and question and answer Assessment:	Activities: ANY UNIT – Task cards, journaling and question and answer Assessment:	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-locomotor, locomotor, 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:	Ac ANY UNIT – Demonstrate verbally and/or physically age appropriate knowledge of skills Assessment:	Activities: ANY UNIT – Demonstrate verbally and/or physically age appropriate knowledge of skills Assessment:	Activities: ANY UNIT – Demonstrate verbally and/or physically age appropriate knowledge of skills Assessment:
	Motor Skills <i>Students will...</i>					
	K.MS.07.05 apply knowledge of selected movement concepts and skills to design	WRESTLING DANCE	Activities:	Activities:	Activities: AEROBICS –	Activities:

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	(plan) a four-element movement sequence (e.g., simple rhythmic or aerobic activities) with flow in controlled settings.	AEROBICS WESTLING STUNTS AND TUMBLING	Assessment:	Assessment:	Design an aerobic workout DANCE – Create a dance routine WRESTLING – Create an effective series of wrestling moves STUNTS AND TUMBLING – Design a stunts and tumbling routine Assessment:	Assessment:



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	*Aquatics Students will...					
	K.AQ.07.02 apply knowledge of limited critical elements of safe water entry and exit in controlled settings.	SWIMMING	Activities: SWIMMING – Pool entry and exit in both shallow and deep water Assessment:	Activities: Assessment:	Activities: Assessment:	Activities: Assessment:
	K.AQ.07.03 apply knowledge of limited critical elements of aquatic skills: front crawl, backstroke, breaststroke, and treading in controlled settings.	SWIMMING	Activities: SWIMMING - Demonstrate key elements of front crawl Assessment:	Activities: SWIMMING - Demonstrate key elements of backstroke Assessment:	Activities: SWIMMING - Demonstrate key elements of breaststroke Assessment:	Activities: SWIMMING - Demonstrate treading water for 30 seconds – 2 minutes Assessment:
	K.AQ.07.04 apply knowledge of limited critical elements of assisting a distressed swimmer in controlled settings.	SWIMMING	Activities: SWIMMING – Partner saves/station work Assessment:	Activities: Assessment:	Activities: Assessment:	Activities: Assessment:
	K.AQ.07.05 apply knowledge of limited critical elements of assisting a choking victim in controlled settings.	SWIMMING	Activities: Demonstrate saving skills with use of dummy Assessment:	Activities: Assessment:	Activities: Assessment:	Activities: Assessment:
	K.AQ.07.06 apply knowledge of limited critical elements of how to get help in simulated emergency practice in controlled settings. <i>*The Michigan Department of Education acknowledges that some schools do not have the facilities or community resources to meet all of the aquatics grade level content expectations, however, all water safety grade level content expectations should be met within all physical education programs whether or not pool facilities are available.</i>	SWIMMING **to be used in schools with or without a pool	Activities: GUARDSTART MATERIAL – Review and implementation of emergency action plans Assessment:	Activities: Assessment:	Activities: Assessment:	Activities: Assessment:
	Outdoor Pursuits Students will...					
	K.OP.07.01 apply knowledge of selected elements of the seven principles of Leave No Trace (Teen version) in dynamic settings.	LEISURE ACTIVITIES AND/OR OUTDOOR PURSUITS	Activities: Assessment:	Activities: Assessment:	Activities: OUTDOOR PURSUIT – Campsite set up and maintenance Assessment:	Activities: Assessment:
	K.OP.07.03 apply knowledge of the function of equipment associated with selected outdoor pursuits in controlled settings.	LEISURE AND/OR ACTIVITIES OUTDOOR PURSUITS	Activities: Assessment:	Activities: OUTDOOR PURSUIT – Demonstrate proper use of various outdoor equipment with various activities Assessment:	Activities: Assessment:	Activities: Assessment:



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	K.OP.07.04 apply knowledge of selected safety features of outdoor pursuits in controlled settings.	LEISURE ACTIVITIES AND/OR OUTDOOR PURSUITS	Activities: Assessment:	Activities: OUTDOOR PURSUIT – Campfire safety and security of site from outdoor elements Assessment:	Activities: Assessment:	Activities: Assessment:
	K.OP.07.05 apply elements of decision-making skills related to engaging in outdoor pursuits.	LEISURE ACTIVITIES AND/OR OUTDOOR PURSUITS	Activities: Assessment:	Activities: LEAVE NO TRACE – Outdoor ethics Assessment:	Activities: Assessment:	Activities: Assessment:
	K.OP.07.06 identify governmental, non-profit, and/or private areas used for selected outdoor pursuits in the local area.	LEISURE ACTIVITIES AND/OR OUTDOOR PURSUITS	Activities: Assessment:	Activities: Assessment:	Activities: OUTDOOR PURSUITS – Plot out local and regional sites on maps Assessment:	Activities: Assessment:
	K.OP.07.07 distinguish between appropriate and inappropriate resource-related behaviors in selected outdoor pursuits in controlled settings.	LEISURE ACTIVITIES AND/OR OUTDOOR PURSUITS	Activities: Assessment:	Activities: LEAVE NO TRACE – Outdoor behaviors Appropriate etiquette Assessment:	Activities: Assessment:	Activities: Assessment:
	Target Games <i>Students will...</i>					



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