

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			
Outdoor Pursuits <i>Students will...</i>			
M.OP.07.01	demonstrate use of movement concepts in outdoor pursuits with self and equipment in dynamic settings with external feedback.	ORIENTEERING	Activities: ORIENTEERING – Review map reading Introduction to GPS Assessment:
M.OP.07.02	demonstrate use of loco-motor skills in outdoor pursuits with self and equipment in dynamic settings with external feedback.	ORIENTEERING OUTDOOR PURSUITS	Activities: OUTDOOR PURSUITS – Hiking, rope climbing and biking, Rock climbing Assessment:
M.OP.07.03	demonstrate use of non-loco-motor skills in outdoor pursuits with self and equipment in dynamic settings with external feedback.	ORIENTEERING	Activities: ORIENTEERING – Creation of routes and waypoints using GPS Assessment:
M.OP.07.04	demonstrate ability to safely manipulate or use equipment in outdoor pursuits in controlled settings.	ORIENTEERING OUTDOOR PURSUITS	Activities: ORIENTEERING – Ability to navigate throughout course using maps and or GPS units Assessment:
M.OP.07.05	demonstrate ability to make minor repairs to equipment in outdoor pursuits in controlled settings.	ORIENTEERING OUTDOOR PURSUITS	Activities: ORIENTEERING/OUTDOOR PURSUITS – Equipment inspection and equipment maintenance 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:
Outdoor Pursuits <i>Students will...</i>			
K.OP.07.01	apply knowledge of selected elements of the seven principles of Leave No Trace (Teen version) in dynamic settings.	OUTDOOR PURSUITS	Activities: OUTDOOR PURSUIT – Campsite set up and maintenance



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.

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			Assessment:
K.OP.07.03	apply knowledge of the function of equipment associated with selected outdoor pursuits in controlled settings.	OUTDOOR PURSUITS	Activities: OUTDOOR PURSUIT Demonstrate proper use of various outdoor equipment with various activities Assessment:
K.OP.07.04	apply knowledge of selected safety features of outdoor pursuits in controlled settings.	OUTDOOR PURSUITS	Activities: OUTDOOR PURSUIT Campfire safety and security of site from outdoor elements Assessment:
K.OP.07.05	apply elements of decision-making skills related to engaging in outdoor pursuits.	OUTDOOR PURSUITS	Activities: LEAVE NO TRACE Outdoor ethics Assessment:
K.OP.07.06	identify governmental, non-profit, and/or private areas used for selected outdoor pursuits in the local area.	OUTDOOR PURSUITS	Activities: OUTDOOR PURSUITS Plot out local and regional sites on maps Assessment:
K.OP.07.07	distinguish between appropriate and inappropriate resource-related behaviors in selected outdoor pursuits in controlled settings.	OUTDOOR PURSUITS	Activities: LEAVE NO TRACE Outdoor behaviors Appropriate etiquette Assessment:



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