

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			
*Aquatics Students will...			
M.AQ.07.03	demonstrate selected elements of mature form for the basic aquatic skills of front crawl and breaststroke in controlled settings.	SWIMMING	Activities: SWIMMING – Front crawl skills, Breaststroke skills Assessment:
M.AQ.07.04	demonstrate selected elements of mature form for the basic aquatic skill of backstroke in controlled settings.	SWIMMING	Activities: Backstroke skills Assessment:
M.AQ.07.07	demonstrate selected elements of assisting a distressed swimmer in controlled settings.	SWIMMING	Activities: SWIMMING – Reaching assists, Emergency Action Plan, etc. Assessment:
M.AQ.07.08	demonstrate selected elements of getting help and assisting a choking victim 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>	GUARDSTART **to be done in all buildings with or without pool	Activities: GUARDSTART MATERIAL Assessment:
CONTENT KNOWLEDGE			
Feedback Students will...			
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 Students will...			
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:
*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:
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, backstroke, and breaststroke. Demonstrate treading



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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			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:
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:
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:



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