

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 | | | |
| 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. | VOLLEYBALL | Activities: VOLLEYBALL – Spiking 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. | VOLLEYBALL | Activities: VOLLEYBALL – Volleying work during passing drills Assessment: |
| Net/Wall Games <i>Students will...</i> | | | |
| 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 | Activities: VOLLEYBALL Small sided games Assessment: |
| M.NG.07.02 | demonstrate tactical problems, including on-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). | VOLLEYBALL | Activities: VOLLEYBALL Small sided games 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.