

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.07.06	perform a four-element movement sequence (e.g., rhythmic, aerobic, or tumbling activities) with flow in controlled settings.	WRESTLING	Activities: WRESTLING – Demonstrate a series of wrestling moves 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:
Motor Skills <i>Students will...</i>			
K.MS.07.05	apply knowledge of selected movement concepts and skills to design (plan) a four-element movement sequence (e.g., simple rhythmic or aerobic activities) with flow in controlled settings.	WRESTLING	Activities: WRESTLING Create an effective series of wrestling moves 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.