

Curriculum

Content Area:	Physical Education	Grade Level:	7
MLR Content Standard:	A. PHYSICAL FITNESS ACTIVITIES AND KNOWLEDGE: Students will apply fitness concepts/principles to the creation of a personal fitness plan that they implement.		
MLR Performance Indicators	WSD Benchmarks	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
A1	Students participate independently in activities to improve each of the five components of health-related fitness: a) flexibility, b) cardiovascular endurance, c) muscular endurance, d) muscular strength, e) body composition.	R, E, D	<i>All of these areas are assessed in the FitnessGram which is recorded and documented for each student.</i>
A2	Students conduct a self-assessment for health-related fitness and establish personal fitness goals.	R	
A3	Students design a one-week fitness program which addresses the five components of health related fitness and applies the Principles of Training (frequency, intensity, time & type).	I	
A4	Students describe physical, mental and social benefits of regular participation in physical activity.	R, E	

*Codes indicate the highest instructional level of that grade level and may include an earlier level of instruction.

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MLR Content Standard:	B. MOVEMENT/MOTOR SKILLS AND KNOWLEDGE: Students will demonstrate the mature pattern for movement and motor skills and apply movement concept and principles for continued improvement.		
MLR Performance Indicators	WSD Benchmarks	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
B1	Students explain principles for altering force: (a) spin, (b) rebound, (c) resistance, (d) angle of release, (e) height of release.	I, R	
B2	Students demonstrate the correct technique for SPECIALIZED MOVEMENT SKILLS, SPECIALIZED MANIPULATIVE SKILLS, and MOVEMENT PATTERN while participating in modified activities.	I, R	
B3	Students demonstrate COMBINATIONS OF SPECIALIZED MOVEMENT SKILLS and combinations of SPECIALIZED MANIPULATIVE SKILLS.	I, R	
B4	Students explain the critical features for specialized movements/ manipulative skills that they are learning.	I, R	
B5	Students describe the skill-related fitness components: (a) coordination, (b) power, (c) reaction time, (d) balance, (e) agility, (f) speed.	R	
B6	Students explain how specific, positive or corrective feedback impacts skill improvement.	R	

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Content Area:	Physical Education	Grade Level:	7
MLR Content Standard:	C. PERSONAL AND SOCIAL SKILLS AND KNOWLEDGE: Students will demonstrate and explain responsible personal and social behavior in physical activity settings.		
MLR Performance Indicators	WSD Benchmarks	Instruction Level*	Common Assessment
<i>Instruction Levels: I = Introduced; R = Reinforced; E = Evaluated through a Documented Classroom Activity; D = District Common Assessment</i>			
C1	Students demonstrate supportive and inclusive behaviors during physical activity.	R, E	
C2	Students demonstrate responsible behavior during physical activity/games.	R, E	
C3	Students explain modifications for the rules of games that they play for specified situations such as adapting volleyball for only four players.	I, R	
C4	Students explain the risk and safety factors for the physical activities in which they participate.	I, R	
C5	Students explain supportive and inclusive behaviors.	R	
C6	Students attempt new activities in group settings that are personally challenging.	R	

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