

7th Grade American Online School

PHYSICAL EDUCATION CURRICULUM

Strength, Strategy, and Self-Mastery through Movement

Version May/2025

1. Introduction

The Role of Physical Education in 7th Grade

In 7th grade, students enhance their physical literacy, build cardiovascular and muscular endurance, and develop cooperative and competitive strategies across individual and team sports. This curriculum supports the physical, social, and emotional growth of adolescents while cultivating lifelong movement habits. Focus areas include the physiology of training, the ethics of fair play, skill development, and the role of sport in personal and cultural identity.

By the end of this course, students will:

- ✓ Demonstrate control, coordination, and stamina in varied athletic settings.
 - ✓ Understand and apply training principles to personal fitness development.
 - ✓ Practice responsible, safe, and respectful conduct in all activities.
 - ✓ Analyze the physical and mental benefits of regular physical activity.
 - ✓ Reflect on the personal and societal roles of sport.
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2. Core Competence Areas

PE.1 Functional Movement and Skill Development

Learning Outcomes

By the end of this course, students will be able to:

- ✓ **Execute fundamental and sport-specific movement patterns.**
- ✓ **Warm up and cool down effectively and independently.**
- ✓ **Demonstrate flexibility, agility, and coordination in performance tasks.**

Competencies

PE.1.A.1 – Mastering dynamic movement foundations.

- Perform structured sequences including jumping, lunging, lateral shuffles, and balance drills.
- Demonstrate smooth transitions in movement and apply biomechanical principles.

PE.1.A.2 – Applying warm-up and recovery strategies.

- Lead dynamic warm-ups and apply cooldown routines for muscle recovery.
- Understand and apply principles of joint mobility, stretching, and injury prevention.

PE.2 Endurance, Strength, and Physical Conditioning

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Improve cardiovascular endurance and muscle strength through targeted training.**
- ✓ **Set and track personal fitness goals using SMART criteria.**
- ✓ **Understand how regular exercise influences performance, health, and mood.**

Competencies

PE.2.A.1 – Building aerobic and muscular endurance.

- Engage in circuits, HIIT routines, and sport-based conditioning.
- Monitor heart rate, perceived exertion, and training zones.

PE.2.A.2 – Reflecting on the effects of exercise.

- Explain physiological responses to short- and long-term exercise (e.g., pulse, VO2 max, muscular adaptation).
 - Discuss mental and emotional benefits of regular physical activity.
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PE.3 Sport-Specific Skill Development and Application

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate technique in specific sports including athletics, team games, and throwing events.**
- ✓ **Analyze performance and apply feedback to improve.**
- ✓ **Collaborate strategically in game situations.**

Competencies

PE.3.A.1 – Practicing and refining sport-specific techniques.

- Develop accuracy and form in skills such as sprinting, dribbling, passing, and shot put.
- Execute throwing, jumping, and striking skills with precision and control.

PE.3.A.2 – Competing and collaborating through team play.

- Apply tactical decision-making in competitive games.
 - Understand rules, roles, and strategies in team sports and athletic disciplines.
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PE.4 Health Education and Lifelong Fitness

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Describe the benefits of daily activity for physical and mental health.**
- ✓ **Create and follow a personal daily sports plan or fitness regimen.**
- ✓ **Understand nutrition, sleep, and hydration as components of health.**

Competencies

PE.4.A.1 – Promoting daily movement and lifestyle health.

- Design a personalized activity log to meet recommended movement guidelines.
- Evaluate lifestyle habits and identify barriers to active living.

PE.4.A.2 – Integrating wellness practices into everyday life.

- Connect training, recovery, and nutrition to energy, focus, and performance.
 - Track personal improvements over time using fitness journals and reflection.
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PE.5 Fair Play, Safety, and Ethics in Sport

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Demonstrate respect, inclusion, and positive sportsmanship.**
- ✓ **Apply safety protocols in athletic environments.**
- ✓ **Reflect on ethics and integrity in sport.**

Competencies

PE.5.A.1 – Modeling respectful behavior and responsibility.

- Use inclusive language and behaviors in games and cooperative tasks.
- Respond to success and failure with emotional regulation and reflection

PE.5.A.2 – Practicing safe and ethical sport.

- Use protective gear appropriately, respect boundaries, and follow safety rules.
 - Debate ethical issues such as doping, cheating, and equity in sport.
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PE.6 Sport in Social and Cultural Contexts

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Explore how sport influences culture, identity, and community.**
- ✓ **Compare sports and physical traditions from different cultures.**
- ✓ **Understand sport's role in media, activism, and social change.**

Competencies

PE.6.A.1 – Understanding sport as a global language.

- Research traditional and emerging sports across continents.
- Recognize symbols, rituals, and values embedded in global sporting events.

PE.6.A.2 – Investigating the role of sport in society.

- Analyze how sport is portrayed in media and used for political or social purposes.
- Reflect on how sport shapes personal identity, belonging, and well-being.

3. Assessment and Evaluation

Formative Assessments – Active Observation and Reflection

- ✓ **Skill-specific rubrics and self-assessments.**
- ✓ **Partner observation and movement journals.**
- ✓ **Daily reflections on participation and mindset.**

Summative Assessments – Fitness and Application

- ✓ **Personal fitness plan and SMART goals.**
- ✓ **Technique evaluation in sport-specific drills (e.g., shot put form).**
- ✓ **Knowledge quiz on training principles and sport history.**

Authentic Assessment – Real-World Applications

- ✓ **Design and lead a warm-up or stretching session.**
- ✓ **Analyze and reflect on changes in endurance and strength.**
- ✓ **“Sport in My Life” digital project or video journal.**

4. Instructional Strategies for Online Learning

Skill-Based and Inquiry-Based Learning

- ✓ Scaffold movement skills through progressions.
- ✓ Encourage questioning, reflection, and exploration of new sports.

Project-Based and Culturally Responsive Learning

- ✓ Create fitness plans, training stations, and cultural games week.
- ✓ Study the role of dance, martial arts, and indigenous movement traditions.

Technology-Integrated Learning

- ✓ Use heart rate monitors or fitness apps to track progress.
- ✓ Record video for technique analysis and feedback.
- ✓ Design digital posters on topics like “Fair Play” or “My Favorite Sport”.

Inclusive and Growth-Oriented Culture

- ✓ Emphasize inclusive participation and personal growth over competition.
- ✓ Celebrate effort, resilience, and sportsmanship.
- ✓ Ensure physical and emotional safety for all students.