

ASD Academic Plan

Physical Education: 7th Grade

Grade Level: 7 th grade	Course Description: P.E. is a required course for all students. Only students who have a physician-documented limitation may be excused from P. E. The activities offered at the seventh grade level are usually introductory and encourage lifelong skills. The program offers a wide variety of individual, dual, and team activities. The units most often included are basketball, volleyball, tumbling, strength training, and aerobic fitness
Length: Year	
Prerequisites: None	
Repeatable for additional credits: N/A	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2	QUARTER 3	QUARTER 4
<p>Fitness Strand Safety and Exercise</p> <p>Team Strand One of the following: Flag Football Soccer Volleyball</p> <p>Teacher's Choice of one other Team Activity</p>	<p>Fitness Strand Cardiovascular</p> <p>Team Strand One of the following: Basketball Floor Hockey Team Handball</p> <p>Rhythms and Dance Strand</p>	<p>Fitness Strand Muscular/Skeletal and Body Composition</p> <p>Outdoor/Winter Strand One of the following: Ice Skating Skiing Snowshoeing</p> <p>Individual/Dual Strand One of the following: Circus Arts NYO Badminton</p>	<p>Fitness Strand Nutrition and Stress Management</p> <p>Individual/Dual Strand One of the following: Track and Field Tennis Golf Frisbee</p> <p>Team Strand One of the following: Softball Ultimate Games</p>
<i>* Fitness Component is woven throughout the school year.</i>			