

Center Unified School District
Middle School Course Outline

TITLE: Physical Education

GRADE LEVEL: 7th

PREREQUISITE: 7th Grade Standing

COURSE DESCRIPTION:

The focal point of seventh grade physical education is “*Meeting Challenges and Making Decisions*”. Wilson C. Riles’ co-educational program allows the student to take part in a sequential grade appropriate curriculum that concentrates on social skills and encourages life-long physical activity. Every student has the opportunity for successful physical and social development. Our staff encourages and expects each student to take risks, set goals, problem-solve through initial failures and maintain a positive attitude.

- Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities.
- Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of physical activities.
- Students assess and maintain a level of physical fitness to improve health and performance.
- Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

A detailed list of individual elements for each standard can be found on the California Department of Education web site: <http://www.ca.gov/be/st/ss/documents/pe.pdf>

UNITS OF INSTRUCTION MAY INCLUDE:

Cooperative Activities

- Partner, small group, whole group

Dual and Individual Activities

- Badminton, Pickleball, Golf, Track and Field

Skill Building Activities

- Basketball Skills, Football Skills, Soccer Skills, Basic Jump Rope, Speedball

Rhythmic Movement

- International Folk and Line Dance

Recreational Games

- Horse Shoes, Bocce, Bowling,

Fitness Components

- Strength, Flexibility, Endurance

Social Skills

- Responsibility, respect, self esteem, positive social interaction