

MARY, QUEEN OF PEACE SCHOOL
Grade Level Goals and Content

GRADE: 7

SUBJECT: Physical Education

GOALS:

Students will:

1. apply knowledge, concepts, rules, and strategies through participation in developmental games and activities.
2. demonstrate locomotor, nonlocomotor, and balance skills through manipulative activities.
3. act in accordance with safety pertaining to self and others.
4. show an appreciation for personal health and fitness.
5. perform skills and show knowledge in a variety of sports and lifetime activities.
6. imitate positive sportsmanship and moral behavior through participation in all activities.

CONTENT TOPICS:

1. Motor skills, rules, and strategies of activities (basketball and softball)
2. Proper execution of throwing, catching, striking, kicking, bouncing, and jumping while using age-appropriate mechanics, force, and direction
3. Muscle strength, endurance, and flexibility
4. Functions of all bones and muscles
5. Target heart rate
6. Definition of nutrition, malnutrition, nutrients, and fitness