

# Wyoming Department of Education Required Virtual Education Course Syllabus

## Natrona County School District # 1

Program Name	Natrona Virtual Learning	Content Area	PE
Course ID	NVA057001	Grade Level	7
Course Name	Physical Education 7-ATV	# of Credits	
SCED Code	57001	Curriculum Type	K12 inc

### COURSE DESCRIPTION

*This seventh-grade Physical Education course, students are exposed to diverse activities, including rock climbing, orienteering, kickboxing, and table tennis. Course content includes multiple training methods, including participation in cross training, plyometric training, core muscle training, and aerobic dance. Students learn about stress management exercises, including yoga/pilates and breathing exercises. Fitness basics are presented, including target heart rate, fitness testing, and goal setting. Students learn about static and dynamic balance and about the science behind sports. Principles of strength training are covered, along with safety precautions one should take when lifting weights. At the end of this course, students can perform the Presidential Physical Fitness Tests and graph their scores.*

### WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	<a href="#">BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets</a>
	Students demonstrate movement skills and patterns in a variety of activities.
PE 8.1.1	*(CCSS ELA-Literacy RST.6-8.3,4,9) _____ Students demonstrate critical elements of specialized manipulative skills in modified team activities.
PE 8.1.2	*(CCSS ELA-Literacy RST.6-8.3,4,9) _____ Students demonstrate critical elements of specialized skills in modified individual, dual, or lifetime activities.
PE 8.1.3	*(CCSS ELA-Literacy RST.6-8.3,4,9) _____ Students apply tactical concepts and performance principles in modified team activities.
PE 8.1.4	*(CCSS ELA-Literacy RST.6-8.3,4,9) _____ Students apply tactical concepts and performance principles in individual, dual, or lifetime activities.
PE 8.1.5	*(CCSS ELA-Literacy RST.6-8.3,4,9) _____

	Students compare and contrast skills used for different movement patterns.
PE 8.1.6	*(CCSS ELA-Literacy RST.6-8.3,4,9) Students analyze critical elements of specialized skills in a variety of activities.
PE 8.1.7	*(CCSS ELA-Literacy RST.6-8.3,4,9) Students analyze the use of strategies and tactics in a variety of physical activities.
PE 8.1.8	*(CCSS ELA-Literacy RST.6-8.3,4,9) Students create and monitor a personal plan using current levels of fitness and physical activity.
PE 8.2.1	*(CCSS ELA-Literacy WHST.6-8.2,4,5,6,7,8,9) (CCSS ELA-Literacy RST.6-8.3) Students differentiate the health benefits associated with a variety of physical activities.
PE 8.2.2	*(CCSS ELA-Literacy WHST.6-8.7,8,9) (CCSS ELA-Literacy RST.6-8.4) Students apply the principles, components, and practices of health-related fitness to improve short-term fitness goals.
PE 8.2.3	*(CCSS ELA-Literacy RST.6-8.4) Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
PE 8.2.4	Students explain valid characteristics of fitness-related products, technology, and resources related to fitness literacy.
PE 8.2.5	*(CCSS ELA-Literacy WHST.6-8.4,6,7,8,9) (CCSS ELA-Literacy RST.6-8.4,8,9) Students develop and apply appropriate rules, safe practices, and procedures in physical activity settings.
PE 8.3.1	Students communicate effectively with others to promote respect and conflict resolution in physical activity settings.
PE 8.3.2	Students engage in challenging experiences that develop confidence and independence.
PE 8.3.3	*(CCSS ELA-Literacy WHST.6-8.10)

Students engage in physical activities that promote self-expression and provide opportunities for social and group interaction.

\*(CCSS ELA-Literacy  
WHST.6-8.10)

PE 8.3.4

SCOPE AND SEQUENCE		
UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
Health Related Fitness	PE 8.1.1, PE 8.1.3	Students will be actively participating in this unit through movement and activity. They will: learn the basics of how to incorporate fitness into a healthy, active lifestyle.
Assignment: Presidential Fitness Challenge Fitness Test	PE 8.2.1, PE 8.2.3, PE 8.2.4	Students need to determine their starting fitness level using the Presidential Fitness Challenge Test.
Discussion: Fitness Test Goals	PE 8.2.3, PE 8.2.2	Students will determine if the standards set by the President's Council realistic for 7th graders
Fitness Components: Introduction	PE 8.2.3	Students will be actively participating in this unit through movement and activity. They will: learn the five fitness components
Lab Assignment: Fitness Component Workout	PE 8.2.1, PE 8.2.3	Keep a log perform five fitness components activities every day of the week.
Project: Graphing Your Fitness Scores	PE 8.2.3	Record fitness score in graph form
Discussion: Fitness Components	PE 8.2.3	Student answers questions regarding the five fitness components
Target Heart Rate: Introduction	PE 8.2.3	Students will learn what heart rate is, how to find your heart rate, and how to factor heart rate into your daily activities using the FITT guidelines.
Lab Assignment: Activity and Heart Rate	PE 8.2.3, PE 8.2.1	Students will be actively participating in this unit through movement and activity.
Reflection: Graphing Heart Rate Activities	PE 8.2.1, PE 8.2.3	Record heart rate in graph form
Discussion: Target Heart Rate Zone	PE 8.2.2	Discuss target heart rate

Goal Setting: Introduction	PE 8.2.1	Students will be actively participating in this unit through movement and activity. They will: be creating fitness goals
Project: Breaking Down Goals	PE 8.2.1	Breaking down the long-term goals
Lab Assignment: Create a Goal Calendar	PE 8.2.1	Learn fitness plan using a calendar.
Lab Assignment: Implement Your Plan	PE 8.2.1	Present a short-term goal that will advance you to the weekly goal.
Discussion: Goal Setting	PE 8.2.1	Class discussion to demonstrate knowledge of benefits of s
Introduction: Strength Training Principles and Safety	PE 8.1.3	Students will be actively participating in this unit through mo
Lab Assignment: Strength Training Chart	PE 8.1.3	Chart using all of the safety rules for free weights and weig
Strength Training Discussion	PE 8.1.3	Class discussion to demonstrate knowledge of benefits of S
Balance: Introduction	PE 8.1.4	Students will be actively participating in this unit through mo
Lab Assignment: Static Balance Activities	PE 8.1.4	Demonstrate several balancing exercises to improve this sk
Lab Assignment: Dynamic Balance Activities	PE 8.1.4	Balance Skills needed improve total fitness level.
Assignment: Balance Worksheet and Essay	PE 8.3.3	Explain in essay why we need balance.
Science behind the Sports: Introduction	PE 8.1.1, PE 8.1.3	Students will be actively participating in this unit through movement and activity. They will: gain a better understanding of what makes things go, how equipment really protects us, and how objects take flight.
Lab Assignment: How the Body Works	PE 8.1.4	Basics of the body functions
Lab Assignment: The Way We Move	PE 8.1.4	Basics of the body movement
Discussion: Science Behind the Sports	PE 8.1.7, PE 8.1.8	Understand how one can use science to help improve his or her skills in a specific sport
Plyometrics: Introduction	PE 8.1.3	Students will be actively participating in this unit through mo
Journal: Lower and Upper Body Plyometrics	PE 8.1.3	Student will Journal: Lower and Upper Body Plyometrics
Lab Assignment: Graphing Heart Rates	PE 8.2.2, PE 8.2.3	Students graph heart rates for a week.
Project: Creating a Plyometric Routine	PE 8.1.3	Student puts together a plyometrics routine that incorpora
Discussion: Plyometrics	PE 8.1.3	Discuss using plyometric skills
Core Muscle Training: Introduction	PE 8.1.8	Students will be actively participating in this unit through mo
Lab Assignment: Core Muscle Routine	PE 8.1.3	Basic exercise using core muscles
"As Seen on TV" Research Paper	PE 8.1.7	Write an essay on core muscle exercise equipment and why
Discussion: Core Muscle Training	PE 8.1.7	In discussion demonstrate knowledge of core muscle
Kickboxing Introduction	PE 8.1.3	Students will be actively participating in this unit through mo
Lab Assignment: Create a Kickboxing Routine	PE 8.1.3	Create a Kickboxing Routine using skills learned
Discussion: Kickboxing	PE 8.1.5	Discuss how kickboxing contribute to a healthy active lifesty
Aerobic Dance: Introduction	PE 8.1.3	Students will be actively participating in this unit through mo
Project: Aerobic Dance Routine	PE 8.1.3	Create an aerobic dance routine exercise video



