

# Essential Standards and Course Descriptions

## Grade 7 Physical Education

Hortonville Middle School | Greenville Middle School

The following document has been created with our parents in mind. The purpose is to communicate with parents related to the 'essential standards' being taught for every subject and in every grade level. Included is also a brief course description written by a collaborative team of teachers representing both middle schools. As a school district, we believe very strongly that although we have two unique middle schools, both schools must ensure a guaranteed and viable curriculum. What this means is that the same 'essential' learning being taught at HMS will also be taught at GMS to ensure that EVERY student, regardless of enrollment, will be prepared to enter Hortonville High School having learned prioritized academic and behavioral expectations.

**What is an 'essential standard'?** Every school district adopts academic standards for every area of study. The Hortonville Area School District is no different. Unfortunately, not all standards are created equal. This means that some standards have been predetermined by the teaching faculty as most critical or 'essential' for students to learn and demonstrate before moving on to the next grade level. These standards are assessed and reported out to parents on progress reports (formerly called report cards). We sometimes call these our 'must know' standards. This is not to say that all other standards, or 'nice to know standards', are not covered, but they may not be covered to the same level as our 'essential standards'.



### **Subject: 7<sup>th</sup> Grade Physical Education**

**Course Description:** In 7<sup>th</sup> Grade Physical Education, students demonstrate competency in a variety of motor skills and movement patterns. These skills include dance & rhythms, invasion & field games, invasion games, net/wall games, fielding/striking games, outdoor pursuits, and individual-performance. Units such as cooperatives, fitness testing, ultimate Frisbee, speedball, handball, volleyball, basketball, pickleball, rollerblading, Frisbee golf, and softball are taught throughout the year. In these units, students are asked to apply knowledge of concepts, principles, strategies and tactics related to movement and performance. 7<sup>th</sup> Grade students demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. This is accomplished through physical activity knowledge, engaging in physical activity, fitness knowledge, and assessment. Technology such as heart rate monitors and pedometers are used to assess students' engagement in physical activity along with their knowledge of how to monitor exercise intensity, and ability to maintain their heart rate in a target heart rate zone. 7<sup>th</sup>Grade students exhibit responsible personal and social behavior that respects self and others. This is accomplished by demonstrating personal responsibility, accepting feedback, working with others, following rules & etiquette, and being safe. 7<sup>th</sup>Grade students recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### **Essential Standards Assessed:**

- **4:3:B3 – Cardiovascular Endurance**

Assesses (manually or mechanically with heart rate monitors) and maintains their heart rate in a target heart rate zone for the recommended time while participating in aerobic physical activity.

#### **Standard 4**

Achieves and maintains a health enhancing level of physical fitness.

**Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.**

#### **4:3:B3**

*Develops fitness as it relates to aerobic fitness/body composition, muscular fitness, and flexibility*

Assesses (manually or mechanically with heart rate monitors) and maintains their heart rate in a target heart rate zone for the recommended time while participating in aerobic physical activity.

○ **4:3:A3 – Muscular Strength**

Defines health-related fitness terminology (e.g., physical fitness, aerobic fitness, body composition, muscle strength, muscle endurance, flexibility).

**Standard 4**

Achieves and maintains a health enhancing level of physical fitness.

**Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.**

**4:3:A3**

*Acquires and applies fitness knowledge*

Defines health-related fitness terminology (e.g., physical fitness, aerobic fitness, body composition, muscle strength, muscle endurance, flexibility).

○ **4:3:A3 – Flexibility**

Defines health-related fitness terminology (e.g., physical fitness, aerobic fitness, body composition, muscle strength, muscle endurance, flexibility).

**Standard 4**

Achieves and maintains a health enhancing level of physical fitness.

**Learning Priority: Acquires and applies knowledge of the fitness components for overall fitness.**

**4:3:A3**

*Acquires and applies fitness knowledge*

Defines health-related fitness terminology (e.g., physical fitness, aerobic fitness, body composition, muscle strength, muscle endurance, flexibility).