

Seventh Grade Physical Education Syllabus
North St. Paul – Maplewood – Oakdale School District 622
John Glenn Middle School

27 week Course

Standards met: **National Physical Education Standards** provided by the **National Association for Sport and Physical Education**.

The National Physical Education Standards 7th grade physical education addresses are #1-6, and are listed in the curriculum section of this document. You will see them as NS #1, etc.

Course Description:

Students participate in physical education for three quarters of the school year. This course will focus on skill building, physical fitness development, rhythmic & dance education, team games, swimming, and individual activities. Student participation is an integral part of our expectations.

Essential Outcomes Physical Education
7th Grade

Physical Fitness

1. Students will demonstrate age appropriate levels of physical fitness by participating in the FitnessGram program.
2. Students will set personal fitness goals and work toward achieving those goals.
3. Students will explain the basic principles of training, e.g. FITT (frequency, intensity, time and types of activity).
4. Students will be able to apply safety rules associated with strength training.
5. Students will be able to identify which muscle group is being worked during strength training.

Rhythmic Education

1. Students will be able to demonstrate how to lead or follow while dancing.
2. Students will demonstrate the ability to follow specific rhythmic movement patterns.

Swimming

1. Students will develop swimming stroke techniques.
2. Students will be able to demonstrate safety precautions for entering or being around water.

Outdoor/Indoor Activities

1. Students will demonstrate an understanding of offensive and defensive strategies for Outdoor/Indoor team games.
2. Students will explain how teamwork and cooperation contribute to the success of games or activities.
3. Students will identify and demonstrate rules necessary to participate in a variety of team sports.
4. Students will demonstrate fundamental skills necessary to participate in a variety of Outdoor/Indoor team sports.

CORE UNITS (required)

- **Fitness Testing**
- **Flag Football/Rugby**
- **Rhythm/Dance**
- **Softball**
- **Strength Training/Circuit Training**
- **Swimming**
- **Track & Field**
- **Volleyball**

OPTIONAL UNITS (supplemental units based on time, facilities/equipment, and weather)

- Court handball
- Basketball
- Gymnastics/Tumbling
- Juggling
- Outdoor Winter Activities
- Recreational Games
- Team Handball
- Tennis
- Ultimate Frisbee

Course Requirements:

John Glenn Physical Education Department policies.

- All students are required to dress in the prescribed uniform for physical education. This includes gray shorts, red/white reversible shirt, socks and tennis shoes. Optional clothing for outdoor play is a warm-up or sweat suit.
- Students are expected to participate fully in daily lessons. A parent note is accepted excusing a student for one or two days. After that, a doctor's note is required if a student must refrain from physical activity.
- Students must supply their own swimsuit for swimming.
- It is the student's responsibility to check with the teacher about work missed when absent.
- Students have three days to make up and turn in any missed assignments from the date of the absence.
- Students are expected to be on time for class. A student who is tardy to class three times per quarter (and every time thereafter) will be assigned detention.

Grading Procedures: Student grades will be based upon:

Daily participation points, including proper dress for class

Skills testing

Knowledge testing

Contact Information:

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