

TFSD Curriculum Calendar 2009-2010
Grade 7 Subject Physical Education

Skill or Concept	State Standard	District P.S. #	Topic, Task, Content	Projected Window
LABOR DAY – NO SCHOOL				
<ul style="list-style-type: none"> • Establish baseline fitness levels for the five components of fitness testing. 	#4		<ul style="list-style-type: none"> • Fitness testing 	Aug. 31-Sept. 11
<ul style="list-style-type: none"> • Students will demonstrate proper footwork pertaining to dribbling, passing, and scoring. 	#1		<ul style="list-style-type: none"> • Soccer/speedball 	Sept. 14-Sept. 30
<ul style="list-style-type: none"> • Students will understand techniques involved with passing, receiving, blocking, and defending. 	#2		<ul style="list-style-type: none"> • Flag football 	Oct. 5-Oct. 23
<ul style="list-style-type: none"> • Students will participate in Frisbee activities and understand the benefits of health, social interaction, and enjoyment for life. 	#3		<ul style="list-style-type: none"> • Frisbee 	Oct. 26-Nov. 13
<ul style="list-style-type: none"> • Improve fitness levels for the five components of fitness testing 	#4		<ul style="list-style-type: none"> • Fitness testing 	Nov. 16-27
<ul style="list-style-type: none"> • Students will work cooperatively in a team environment. 	#5		<ul style="list-style-type: none"> • Volleyball 	Nov. 30- Dec. 17
<ul style="list-style-type: none"> • Students will work cooperatively in a team environment. 	#5		<ul style="list-style-type: none"> • Basketball 	Jan. 4-22

<ul style="list-style-type: none"> • Students will work on hand eye coordination along with side to side movement. 	#1		<ul style="list-style-type: none"> • Pickleball 	Jan. 25-Feb. 11
<ul style="list-style-type: none"> • Students will understand and demonstrate correct player positioning and techniques of hockey. 	#2		<ul style="list-style-type: none"> • Hockey 	Feb. 16-Mar. 5
<ul style="list-style-type: none"> • Students will perform proper techniques pertaining to badminton (serving, lob, drop shot, smash, clear, etc.) 	#1		<ul style="list-style-type: none"> • Badminton 	Mar. 8-Mar. 26
<ul style="list-style-type: none"> • Students will be able to demonstrate the ability to work with a team, along with jumping, throwing and blocking techniques. 	#1, #5		<ul style="list-style-type: none"> • Team Handball 	Mar. 29-Apr. 16
<ul style="list-style-type: none"> • Students will improve fitness levels for the five components of fitness testing. 	#4		<ul style="list-style-type: none"> • Fitness Testing 	Apr. 19-Apr. 30
<ul style="list-style-type: none"> • Students will demonstrate running, jumping, throwing skills related to various track and field events. • Students will understand the benefits and enjoyment of running. 	#1, #4		<ul style="list-style-type: none"> • Track & Field 	May. 3-May 14
<ul style="list-style-type: none"> • Students will improve fitness levels for the five components of fitness testing. 	#4		<ul style="list-style-type: none"> • Fitness Testing 	May. 17-28