

**Richmond Public Schools**  
**Department of Curriculum and Instruction**  
**Curriculum Pacing And Resource Guide**



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

**Start day:** 1

**Meetings:** 45 days

**Course Description**

7th grade physical education will focus providing students with the necessary skills for performing a variety of physical activities and knowledge necessary to achieve and maintain a physically active lifestyle.

**Pacing Resources Assessments MP1**

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
3 weeks	7.2 a, b, c, d 7.3 a, b, c, d, e, f 7.4 d, e, f, g, h 7.5 a, b, c, d, e, f, g, h	Fitness/personal fitness plan (aerobic vs anaerobic, taeko, yoga, group exercise, strength training, flexibility, endurance, agility, lifetime fitness, etc)	<a href="http://www.fitnessgram.net">www.fitnessgram.net</a> <a href="http://www.pecentral.org">www.pecentral.org</a> <a href="http://www.shapeamerica.org">www.shapeamerica.org</a> <a href="http://www.doe.virginia.gov">www.doe.virginia.gov</a> <a href="http://www.vahperd.org">www.vahperd.org</a> <a href="http://www.glencoe.com">www.glencoe.com</a> <a href="http://www.richmond.k12.va.us">www.richmond.k12.va.us</a> <a href="http://www.pyfp.org/assessment/free-materials.shtml">www.pyfp.org/assessment/free-materials.shtml</a> <a href="http://www.pyfp.org/recognition/school/certificate-form.shtml">www.pyfp.org/recognition/school/certificate-form.shtml</a> <a href="http://www.presidentschallenge.org/tools-resources/docs/PresChal_booklet_11-12.pdf">www.presidentschallenge.org/tools-resources/docs/PresChal_booklet_11-12.pdf</a>	Personal Fitness Data Fitness Gram Tests ( <a href="http://www.pyfp.org/recognition/school/certificate-form.shtml">www.pyfp.org/recognition/school/certificate-form.shtml</a> ) Fitness Plans <a href="http://www.pecentral.org/assessment">www.pecentral.org/assessment</a>
2 weeks	7.1 a, b, c, e, f 7.2 b, d	Team Sports (volleyball,	<a href="http://www.pecentral.org">www.pecentral.org</a> <a href="http://www.shapeamerica.org">www.shapeamerica.org</a>	Modeling (Teacher must demonstrate each step of a process while the students follow

	7.4 g, h	soccer, flag football, lacrosse, floor hockey, etc.)	<a href="http://www.doe.virginia.gov">www.doe.virginia.gov</a> <a href="http://www.vahperd.org">www.vahperd.org</a> <a href="http://www.richmond.k12.va.us">www.richmond.k12.va.us</a>	along using a rubric of checklist. The next step to ask the students a similar task while the teacher works with them, followed by working through the steps with a partner, and then alone.) Games ( <a href="http://www.kidzworld.com">www.kidzworld.com</a> ) Skill Assessment <a href="http://www.pecentral.org/assessment">www.pecentral.org/assessment</a>
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### Pacing Resources Assessments MP 2

<b>Time Frame</b>	<b>Standards of Learning</b>	<b>Units/ Topics/ Concepts</b>	<b>Resources</b>	<b>Assessments</b>
2 weeks	7.1 d, e, f 7.2 b, c, d 7.4 c, e, g,	Dance (line, square, Zumba, etc.)	<a href="http://www.pcentral.org">www.pcentral.org</a> <a href="http://www.shapeamerica.org">www.shapeamerica.org</a> <a href="http://www.doe.virginia.gov">www.doe.virginia.gov</a> <a href="http://www.vahperd.org">www.vahperd.org</a> <a href="http://www.richmond.k12.va.us">www.richmond.k12.va.us</a>	Modeling Skill Assessment Feedback Public Performers Non-verbal <a href="http://www.pcentral.org/assessment">www.pcentral.org/assessment</a>
2 weeks	7.1 a, b, c, e, f 7.2 b, d 7.3 a 7.4 a, b, c, e, f, g, h	Recreational Activities (torpedo run, badminton, mat ball, dodgeball, ping pong, fencing, blob tag, etc.)	<a href="http://www.pcentral.org">www.pcentral.org</a> <a href="http://www.shapeamerica.org">www.shapeamerica.org</a> <a href="http://www.doe.virginia.gov">www.doe.virginia.gov</a> <a href="http://www.vahperd.org">www.vahperd.org</a> <a href="http://www.richmond.k12.va.us">www.richmond.k12.va.us</a>	Concept Link Dialogue Modeling Games Feedback Non-verbal Recreational Activities <a href="http://www.pcentral.org/assessment">www.pcentral.org/assessment</a>