



# Bedford Public Schools

## Grade 7 – Physical Education

Fitness Class Day, the students will be participating in the Fitness Room using the cardio machines. During this Fitness Class, students will be learning about the physical, social and mental benefits of exercise. They will be learning about the FITT principle, which is a set of guidelines that if followed can help a student benefit from any form of fitness training. During the second half of year, students will have the option to participate in body weight or light dumbbell workouts after the cardio minimum requirement is achieved. Proper form and safety will be stressed for these workouts during each class.

The Sport Class Day, the students will be participating in units of: Soccer, Inline Skating, Ultimate Frisbee, Lacrosse, and Field Events for Track. In Inline Skating, students will develop skills in stopping, turning, and safety. In the remaining units of Ultimate Frisbee, Lacrosse, and Field Events for Track, the focus for the student will be aimed toward skill development, knowledge of history and rules, and game play. Each unit will begin with skill development and end with the experience of playing the game. Teamwork, Effort, Safety and a positive attitude will be stressed throughout. The variety of activities is given with the hope that students will find one or more activities that they enjoy and can participate outside of school with family and friends.

In the fall and spring all students will participate in the Presidential Fitness Challenge, and the Pacer Test. These tests will focus on student's cardiovascular system, muscular strength, muscular endurance, and flexibility. All tests will have age appropriate minimum requirements and students will be encouraged to do their very best. The fitness tests are administered to give the students an indication of where their fitness levels are compared to other students in the United States.



### Learning Expectations

[Frisbee](#)

[Inline Skating](#)

[Lacrosse](#)

[Soccer](#)

[Track Events](#)

**Frisbee**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• Know the rules and history of Ultimate Frisbee.</li><li>• Creating and running to an open space away from the Frisbee increases scoring opportunities.</li><li>• Communication skills learned in Frisbee can translate to other sports.</li></ul>	<ul style="list-style-type: none"><li>• What variables affect the flight and accuracy of the Frisbee throw and catch?</li></ul>	<ul style="list-style-type: none"><li>• Students will be able to perform the backhand, side arm/forehand, “thumber” and overhead throw.</li><li>• Students will be able to self-officiate a game.</li></ul>

### Inline Skating

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>• Skating safety.</li> <li>• Equipment knowledge.</li> <li>• Different stops, turns, glides and general skating skills.</li> </ul>	<ul style="list-style-type: none"> <li>• How can skills learned in inline skating cross over to other sports?</li> <li>• What physical and social benefits come from inline skating?</li> </ul>	<ul style="list-style-type: none"> <li>• Students will be able to perform a continuous skate where they are able to go forwards, backwards, and perform crossovers, turns, and stops.</li> <li>• By using games students will develop better balance skills and develop different muscles.</li> </ul>

## Lacrosse

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>History and rules.</li> <li>Understanding how release points effects distance and accuracy.</li> <li>When using tactical strategies students will better understand spacing on the field and as well as how to play positions and areas on the field.</li> </ul>	<ul style="list-style-type: none"> <li>Why is there different length of sticks for different positions?</li> <li>How do sticks in men and women's lacrosse differ?</li> <li>How does the size of the pocket affect the flight of the ball?</li> </ul>	<ul style="list-style-type: none"> <li>Students will know the push/pull technique of throwing.</li> <li>Students will understand possession change.</li> <li>Students will know the proper angle and method in picking up a lacrosse ball.</li> </ul>

**Soccer**

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"><li>• History and rules,</li><li>• How soccer affects world cultures.</li><li>• Spacing demonstrates proper field positions in team play.</li></ul>	<ul style="list-style-type: none"><li>• How does the point at which you strike the ball affect its flight?</li><li>• How is moving to open space lead to success on the field?</li></ul>	<ul style="list-style-type: none"><li>• Students will practice the correct footwork and passing during game play.</li><li>• Students will know why game play is stopped due to boundary and field violations and how play is restarted.</li></ul>

### Track Events

<b>Enduring Understandings</b> In order to meet the standards, the students will need to understand that . . .	<b>Essential Questions</b> In order to understand, students will need to consider questions such as . . .	<b>Knowledge and Skills</b> Learning this material will require students to . . .
<ul style="list-style-type: none"> <li>• Using proper technique influences success in track and field.</li> <li>• Varying your training program can cause an increase in your success.</li> </ul>	<ul style="list-style-type: none"> <li>• Is track considered an individual or team sport?</li> <li>• How does your individual effort and training effect the entire team?</li> </ul>	<p>Students will learn and develop techniques in the following events:</p> <ul style="list-style-type: none"> <li>• High jump</li> <li>• Long jump</li> <li>• Shot put</li> <li>• Javelin</li> <li>• Discus</li> </ul>