

Course Syllabus

PL/VS, Physical Education-Grade 7

Morgan County Curriculum 4.1 Middle Sch., Final
Morgan County School District

Physical Education (15%)

- The learner will be able to apply a combination of techniques of locomotor and nonlocomotor skills which are necessary for the improvement of transitional motor skills (e.g., punting, serving, dribbling)
 - * Locomotor - moving from one place to another (e.g., running, skipping, hopping) *
 - Nonlocomotor - stationary (e.g., bending, stretching, twisting) movements.
- The learner will be able to interpret the role that principles of motor skill refinements (e.g., accuracy, technique, movement) have in skill development.
- The learner will be able to describe the physical, emotional/mental, and social benefits gained from regular participation in leisure/recreational, or competitive physical activities:
 - * Physical benefits: Weight management, muscular strength, muscular endurance, flexibility, cardio-respiratory/cardiovascular endurance, control of body movements, stress reduction, body composition, decreased resting heart rate, reduced cholesterol levels
 - * Social benefits: Positive interactions with others, respect for self and others, enjoyment, self-expression, group interaction
 - * Emotional/mental benefits: Improved confidence, increased self-esteem, stress reduction, self-expression.
- The learner will be able to access and describe techniques (e.g., practice, lessons, videos, drills, peer/teacher review, self-evaluation) for improving performance in games and sports.
- The learner will be able to explain the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and how the FITT Principle (Frequency, Intensity, Type, Time) can be used to maintain and improve fitness.
- The learner will be able to describe how offensive and defensive strategies are used in games and sports.
- The learner will be able to identify rules of behavior and fair play (e.g., accepting authoritative decisions, assessing one's one performance level, accepting skills and abilities of others through verbal and nonverbal actions for spectators and/or participants) that are necessary during games and sports.