

**Calendar-Based Curriculum Map:  
Pleasant Hope Ranch School Grade / Subject: 7th - Physical Education**

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Aug	How are rules and etiquette important concepts in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness	Quizzes Teacher Observations	Ranch School PE Rules and Expectations Daily classroom participation
	What fitness level is considered healthy for someone in the 7th grade?	Health-related fitness assessments  Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups	President's Challenge FitnessGram Manuals FitnessGram audio CD Globe Fearon Fitness for Life 4th edition Chapter 1, Ranch PE Book Personal Fitness Testing Record
Aug	How does participation in specific activities improve the muscular system?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1D) HPE 1, HPE 4, NH 1	Quiz Skill Performance	Weight Room Instruction Maximum Bench Press Globe Fearon - Fitness for Life, 4th edition
	How is safety an important concept in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness	Quizzes	Gym Weight Room
Aug / Sept	What is the terminology, scoring, etiquette, safety principles, and rules appropriate for outdoor pursuits and recreational activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2C) HPE 4, NPE 1	Quiz, Wordsearch	Ranch PE Book Disc Golf Textbook Disc Golf Instructional Videos Instruction Presentation

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Aug / Sept	Can the student apply critical elements of movement to various activities?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observations Skill Performance	Disc Golf Equipment Ranch Disc Golf Course
	Does the student demonstrate an increased level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observations Skill Performance Disc Golf Scorecard	Disc Golf Equipment Ranch Disc Golf Course
	What are appropriate conflict resolution skills in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness(PA2A) HPE 2, NPE 5	Teacher Observations	Ranch Disc Golf Course
Oct / Nov	What is the terminology, scoring, etiquette, player position and equipment, safety principles, and game rules for individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz, Word Search	Ranch PE Book Baseball Instructional Videos Instruction Presentation
	Can the student apply critical elements of movement to various activities?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observations Skill Performance	Baseball Instructional Videos Whiffle Ball and Plastic Bat Gym
	Does the student demonstrate an increased level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observations Skill Performance Homerun Derby score	Whiffle Ball and Plastic Bat Indoor Bases Gym Homerun Derby

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Oct / Nov	Can the student apply basic offensive and defensive strategies in a game setting?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Team Win / Loss Record	Whiffle Ball and Plastic Bat Indoor Bases, Gym Whiffle Ball Game
	What are appropriate conflict resolution skills in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness(PA2A) HPE 2, NPE 5	Teacher Observations	Gym
Nov	Does the student apply scoring, etiquette, safety principles and game rules for individual, dual, and team sports?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observations	Shuffleboard Equipment Shuffleboard Game Gym
	Can the student apply critical elements of movement to various activities?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observations Skill Performance	Shuffleboard Equipment Shuffleboard Game Gym
	Does the student demonstrate an increased level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observations Skill Performance	Shuffleboard Equipment Shuffleboard Game Gym
	Can the student apply basic offensive and defensive strategies in a game setting?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observation Team Win / Loss Record	Shuffleboard Equipment Shuffleboard Game Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Nov	What are appropriate conflict resolution skills in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness(PA2A) HPE 2, NPE 5	Teacher Observations	Gym
Nov / Dec	What fitness level is considered healthy for someone in the 7th grade?	Health-related fitness assessments  Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press	President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record
Dec	What are the physiological changes that occur in the body due to stress?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1B) HPE 2 NPE 3	Quizzes Worksheets Chapter Reviews Chapter Tests	Globe Fearon Fitness for Life, 4th edition Chapter 17 Video Globe Fearon Fitness for Life, 4th edition Chapter 18

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
Jan	How does participation in specific activities improve the respiratory system?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1D) HPE 2, NPE 3	Teacher Observations Individual Performance	Gym Orange Cones Stopwatch Conditioning
	What activities promote health-related fitness?	Personal Fitness and Healthy Active Living	Physical Activity and Lifetime Wellness (PA1A) HPE 4, NPE 4	Individual Participation Individual Observations	
Jan / Feb	What is the terminology, scoring, etiquette, player position and equipment, safety principles, and game rules for individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz, Word Search	Ranch PE Book Basketball Instructional Videos Instruction Presentation
	Can the student apply critical elements of movement to various activities?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observations Skill Performance	Basketball Instructional Videos Basketballs Gym
	Does the student demonstrate an increased level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observations Skill Performance	Basketballs Gym Basketball Skill Competition
	What are appropriate conflict resolution skills in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness(PA2A) HPE 2, NPE 5	Teacher Observations	Gym

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Feb / March	What is the terminology, scoring, etiquette, player position and equipment, safety principles, and game rules for individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz, Word Search	Ranch PE Book Bowling Instructional Videos Instruction Presentation
	Can the student apply critical elements of movement to various activities?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observations Skill Performance	Bowling Instructional Videos Bowling Ball Gym
	Does the student demonstrate an increased level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observations Skill Performance Bowling Scorecard	Bowling Ball and Plastic Pins Gym
	What are appropriate conflict resolution skills in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness(PA2A) HPE 2, NPE 5	Teacher Observations	Gym

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April / May	What is the terminology, scoring, etiquette, player position and equipment, safety principles, and game rules for individual, dual, and team sports?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Quiz, Word Search	Ranch PE Book Volleyball Instructional Videos Instruction Presentation
	Can the student apply critical elements of movement to various activities?	Fundamental Movement Skills and Games	Human Movement and Performance (HM1E) HPE 4, NPE 1	Teacher Observations Skill Performance	Volleyball Instructional Videos Volleyballs Gym
	Does the student demonstrate an increased level of competence in a variety of physical activities?	Sports Skills and Lifetime Activities	Human Movement and Performance (HM2D) HPE 4, NPE 1	Teacher Observations Skill Performance	Volleyball and Net Gym
	Can the student apply basic offensive and defensive strategies in a game setting?	Sport Skills and Lifetime Activities	Human Movement and Performance (HM2B) HPE 4, NPE 2, NPE 5	Teacher Observations Skill Performance Team Win / Loss Record	Volleyball and Net Gym Volleyball Matches
	What are appropriate conflict resolution skills in a physical activity setting?	Responsible Personal and Social Behavior in the Physical Activity Setting	Physical Activity and Lifetime Wellness(PA2A) HPE 2, NPE 5	Teacher Observations	Gym

Month	Essential Question	Content	Skills	Assessments	Activities / Resources
May	What fitness level is considered healthy for someone in the 7th grade?	Health-related fitness assessments  Personal Fitness and Healthy Active Living  Fitness Testing	Physical Activity and Lifetime Wellness	Physical Fitness Testing 1-mile run/walk Cadence pushups Cadence curlups Shuttle Run Back-Saver Sit and Reach Two-minute Step test Pull-ups Maximum Bench Press	President's Challenge FitnessGram Manuals FitnessGram audio CD Personal Fitness Testing Record