

2016-2017 GIRLS PHYSICAL EDUCATION CURRICULUM MAP
7th GRADE

<p>Unit 1 (Aug22-Sept2) 2wks</p> <p>Conditioning TEKS: 1B, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 5C, 5D, 5E</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Cardiovascular Endurance <ul style="list-style-type: none"> ➤ Long/short distance running ➤ Heart Rate Monitoring • Fitness Stations <ul style="list-style-type: none"> ➤ Jump ropes, squat jumps, jumping jacks, running in place, high knees • Muscular Endurance <ul style="list-style-type: none"> ➤ Abdomen -Curl-ups ➤ Upper Body -Push-ups <p>CATCH Cards:27-80, 237-327</p>	<p>Unit 2 (Sep5-Oct14) 6wks</p> <p>Volleyball TEKS: 1A, 1B, 1J, 2A, 2B, 2C, 5A, 5B, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Proper passing, setting and spiking forms • Understanding the game • Moving to the ball • Being able to judge where ball is going and where they need to be • Understand the rules, regulations, and procedures of the game <p>CATCH Cards: 516-525</p>	<p>Unit 3 (Oct17-Oct28) 2wks</p> <p>Conditioning TEKS: 1B, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 5C, 5D, 5E</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Cardiovascular Endurance <ul style="list-style-type: none"> ➤ Long/short distance running ➤ Heart Rate Monitoring • Fitness Stations <ul style="list-style-type: none"> ➤ Jump ropes, squat jumps, jumping jacks, running in place, high knees • Muscular Endurance <ul style="list-style-type: none"> ➤ Abdomen -Curl-ups ➤ Upper Body -Push-ups <p>CATCH Cards:27-80, 237-327</p>	<p>Unit 4 (Oct31-Dec20) 6wks</p> <p>Basketball TEKS: 1A, 1B, 1J, 2A, 2B, 2C, 5A, 5B, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Proper dribbling, passing, shooting and defense forms • Proper lay-up form (right and left) • Understanding the game • Understand the rules, regulations, and procedures of the game <p>CATCH Cards: 516-525</p>
<p>Unit 5 (Jan9-Feb3) 4wks</p> <p>Cooperative Games TEKS: 1A, 1B, 1C, 1D, 1E, 1F, 1G, 1H, 1I, 2A, 2B, 3A, 3B 3C, 3D, 5B, 5C, 5D, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Rhythm/Dance • Hoops • Jump ropes • Frisbee • Golf <p>CATCH Cards:27-129, 237-327,360-374, 430-468,</p>	<p>Unit 6 (Feb6-Feb17) 2wks</p> <p>TEKS: 1B, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 4E, 4F, 4G, 4H, 4I, 5C, 5D, 5E</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Cardiovascular Endurance <ul style="list-style-type: none"> ➤ Long/short distance running ➤ Heart Rate Monitoring • Fitness Stations <ul style="list-style-type: none"> ➤ Jump ropes, squat jumps, jumping jacks, running in place, high knees • Muscular Endurance <ul style="list-style-type: none"> ➤ Abdomen -Curl-ups ➤ Upper Body -Push-ups <p>CATCH Cards:27-80, 237-327</p>	<p>Unit 7 (Feb20-March10) 3wks</p> <p>Cooperative Games TEKS: 1A, 1B, 1C, 1D, 1E, 1F, 1G, 1H, 1I, 2A, 2B, 3A, 3B 3C, 3D, 5B, 5C, 5D, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> • Big Decision • FitnessGram • Kick ball • Softball • Badminton <p>CATCH Cards:27-80, 237-327, 360-393, 486-514</p>	<p>Unit 8 (Apr17-May19) 9wks</p> <p>Conditioning, Volleyball, Basketball TEKS: 1A, 1B, 1C, 1D, 1E, 1F, 1G, 1H, 1I, 2A, 2B, 3A, 3B 3C, 3D, 5B, 5C, 5D, 6A, 6B, 7A, 7B, 7C, 7D, 7E, 7F</p> <p>Target Areas</p> <ul style="list-style-type: none"> • FitnessGram Testing • Cardiovascular Endurance • Muscular Endurance • Volleyball • Basketball <p>CATCH Cards:27-80, 516-525, 237-327, 516-525,</p>

*Subject to Change depending on Student(s)' needs.

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